

9-25-2003

Casco Bay Weekly : 25 September 2003

Follow this and additional works at: http://digitalcommons.portlandlibrary.com/cbw_2003

Recommended Citation for This Issue

"Casco Bay Weekly : 25 September 2003" (2003). *Casco Bay Weekly (2003)*. Book 36.
http://digitalcommons.portlandlibrary.com/cbw_2003/36

This Newspaper is brought to you for free and open access by the Casco Bay Weekly at Portland Public Library Digital Commons. It has been accepted for inclusion in Casco Bay Weekly (2003) by an authorized administrator of Portland Public Library Digital Commons. For more information, please contact campbell@portland.lib.me.us.

SEP 25 '03

Movie seen
Once Upon a
Time in Mexico
25



FREE

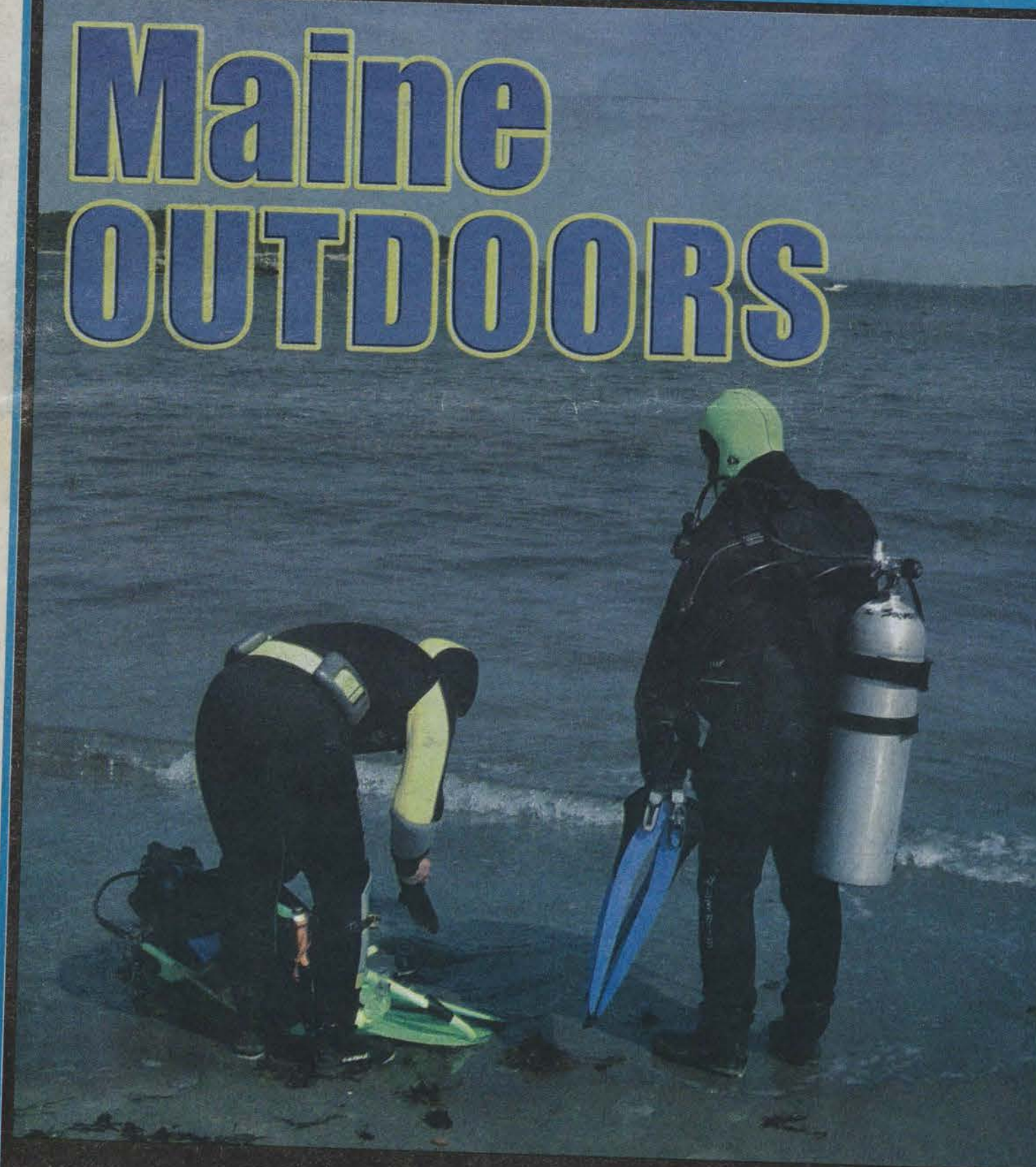
Volume XV #37

casco bay weekly

September 25, 2003

GREATER PORTLAND'S COMMUNITY JOURNAL OF NEWS, ARTS & HAPPENINGS

Maine OUTDOORS



Be it hiking, hunting, camping, or skiing you can be sure your favorite outdoor activity is within a quick drive or brisk walk. That's one of the great parts of our city, and state for that matter.

Beginning on Page 16



24

Pressbox

Portland Welcomes
A New Seadog



27

Contests

Our Weekly Photo and
Poem Winners



33

Focal Point

The Disembodied Spirits

You Deserve a Career You Love

The demand for
**Cosmetology
and Massage
Professionals**
has never been better.

**This is the perfect time
to join this rewarding field.**



Massage and Polarity programs created by
Nancy Risley, RPP and taught by instructors trained
by the PRI Educational Development Company.

Cosmetology programs designed by
Pivot Point International and led by Teresa Favazza.

Applications Now Available For Fall Classes

**Financial Aid
Available to Those
Who Qualify**

Headhunter
Spa Tech
INSTITUTE™

772-2591 • www.headhunterinstitute.com

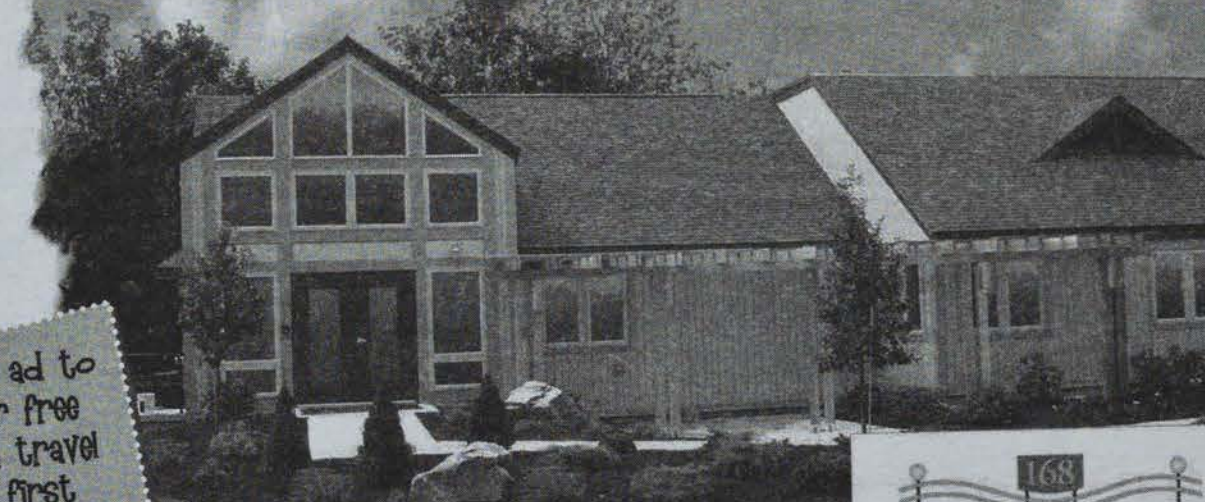
A Perfect Smile **Grand Opening!**

We listened

and now our snazzy,
new facility brings you:

- A warm, relaxing atmosphere
- More flexible scheduling
- Refreshment station
- Easy parking
- More state-of-the-art equipment to serve you!

Bring in this ad to
receive your free
dental health travel
kit at your first
appointment!



It's Not a Dream...



It's The
Dentist!

COME. SEE. **BELIEVE!**

Call today for an
appointment:
(207) 781-2448

We pamper you with soft-touch cleanings, dentistry while you sleep,
air abrasion drill-less dentistry, headphones, DVD players and
warm neck pillows... all in a friendly and professional atmosphere.
Always leading-edge technology, always comfortable.

www.portlandmainedentist.com



Robert V. Nelson, DDS
Serving you with
20 years of dental experience
**168 U.S. Route 1,
Falmouth**
(2 mi. South of Shatt's)

Dragon Tales
LIVE!
A VEE Corporation Production
**Journey
to Crystal Cave**

**October
9 - 12**
**Cumberland County
Civic Center**

Charge by phone • 207-775-3458 • 207-775-3331

Tickets start at \$12!

Tickets available at the box office, **ticketmaster** locations, and
online at ticketmaster.com. Service charges may apply.

dragontaleslive.com



**NICHOLS
& WEBB**

110 MAIN STREET
SUITE 1520
SACO, ME 04072
(207) 283-6400

70 CENTER STREET
PORTLAND, ME 04101
(207) 779-3856

We vigorously represent
PERSONAL INJURY
victims and employees who have suffered
SEXUAL HARASSMENT
or **DISCRIMINATION**.

We use **true** contingency agreements.
(NEVER ANY
MONEY OUT OF
YOUR POCKET.)
No initial
consultation fee,
retainers or
advancing cost.

We don't get paid until you have been
fully compensated. Call today for a
confidential consultation.

For further information see our website at:
www.nicholswebb.com



contents



18

Features

- 16 Maine Outdoors**
Be it hiking, hunting, camping, or skiing you can be sure your favorite outdoor activity is within a quick drive or brisk walk. That's one of the great parts of our city, and state for that matter. CBW will fill you in on some great outdoor activities that are taking place.
- 17 Portland Trails • Make A Splash with the Maine-iac Divers**
Mid-Coast Maine Club
- 18 Bear Referendum to End Use of Bait and Hunting Dogs**
• Maine Outdoor Heritage Program Offers a Winning Ticket: Proceeds Benefit Outdoor Recreation, Conservation and Wildlife
- 19 Delving Into the Past**
- 20 PHOTO ESSAY** Fragments From the Past

The Way Life Should Be

- 8 Health & Wellness**
• September is National Ovarian Cancer Awareness Month
• Supercharge Your Diet to Ward off Dental Disease
- 9 Paw Print**
• What About Forgiveness Father?
• Adopt A Pet: Goldie
- 12 From Where I Sit**
Tall Tales and Advocacy
- 13 Greener Side**
Step Out
- Property Values**
Arrested Development: Portland's Public Safety Building
- 26 Quality time**
• Crossword • Funny Bone

Community Close-up

- 6 Community Notices**
- 10 Non-profit News**
A Family for ME
Take Me to the Farm
- 11 Good News**
Clip a Pink Ribbon From an Edy's Ice Cream Carton to Support National Breast Cancer Awareness Month
- 14 Mr. Food**
- 15 Skyline**
Where The Aliens Are
- 24 Daily Grind**
Can't You See That I'm Busy?
- Press box**
• Season Continues for Five Seadogs
• New Sea Dogs Family Member

Cover Picture: Charlotte Smith

Culture Shock

- 22 Restaurant Row**
- 25 Movies**
Once Upon a Time in Mexico
- 28 Calender**
- 30 Happenings**
- 31 Stage Door**
- 32 Visual Arts**
- 33 Focal Point**
Disembodied Spirits
- 35 Music**



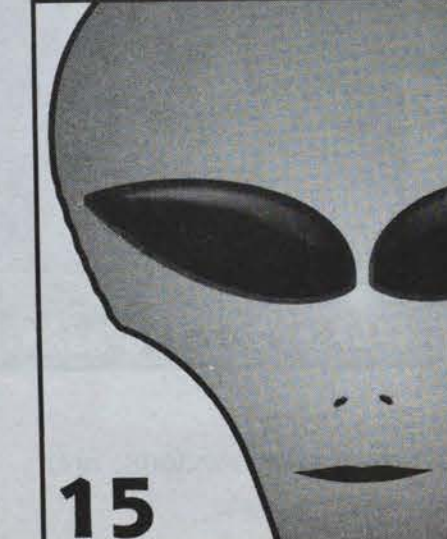
13



27



33



15



24



25

Etc

- 5 Special Advertising Opportunities**
- 27 Weekly Contests**
Photo & essay winners
- 36 Personals**
- 37 Horoscope**
- 38 Classifieds**

Special Advertising Opportunities

Reach your target audience by advertising your product or service in an issue of CBW featuring industry-specific content!

Oct 2 Portland Jazz

Our October 2nd issue will feature the musicians and the venues that make Portland a great place to hear live jazz. If you own a place where jazz is played, or if you're part of a jazz band—or if you just like any of the many varieties of this unique American music style and want your favorite group profiled, let us know. **Deadline for editorial contributions and advertising is September 24.**

Oct 9 Leaf Peepers!

Leaf Peeper (LEEF peep.ur) n. A person who, at the appropriate time during autumn, seeks out an area where many or most of the tree leaves have color. Let CBW help you discover the best places to view Maine's annual forest fireworks show with our October 9 Leaf Peeper issue. **Deadline for editorial contributions and advertising is October 1.**

Oct 16 Theatre in Maine

The theatre is alive and well in and around Portland, Maine! From the Portland Players, Maine's oldest community theatre to the Schoolhouse Arts Center at Sebago Lake; from summer theatre at the Ogunquit Playhouse to the Children's Theatre on Stevens Avenue, Maine actors, actresses, singers and playwrights are producing superb entertainment. The October 16 issue of CBW will bring you up to date on the flourishing theatre scene in Greater Portland and beyond. **Deadline for editorial contributions and advertising is October 8.**

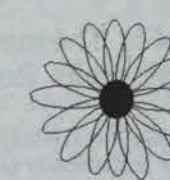
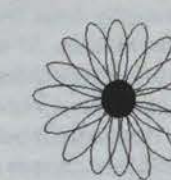
Oct 23 Winterize Your Life

For some of us, the coming of winter means skiing, snowmobiling, hunting and a hundred other things you need cold weather and snow to enjoy. For others, winter means staying indoors and wishing for spring. But for everyone—winter people and summer folk alike—certain things have to be done in and around our homes to ensure a safe winter, warm and happy winter. Our October 23 issue will explore the world of winterizing our lives, from car to pool to clothing. **Deadline for editorial contributions and advertising is October 15.**

For more information, contact Roseann Mango-Morgenson at 775.6601 or e-mail cbw@maine.rr.com. Space is filling fast!

Liz Cutting

CD Release Memorial Concert



An Evening of Remembrance & Celebration
~featuring~

Jose Ayerve
Laurie Jones
Mark Rankin
Los Federales
John Koutny
Lizzie Dickerson

proceeds to benefit the Liz Cutting Memorial Fund
Wednesday, October 1st, 6:30pm
St Lawrence Arts & Community Center
76 Congress St., Portland
tix & info: 775-5568



About This Issue

Here is our 37th issue. We thought this would be a perfect time of year to create a paper dedicated the Maine's great outdoors. What a beautiful time of year it is to be out in the crisp clean air and enjoy all the spectacular views of all the fall colors beginning to reveal themselves.

We had a large amount of submissions and they all were very interesting. There is a story about an Archaeological study done right here in Dresden, Maine. There is a fun piece about a diving club where the divers dive despite the cold. Portland Trails contributed a piece about all the beautiful trails available to us to get out and enjoy the breathtaking views of fall. There is a story called Bear Referendum about bear baiting which is terribly inhumane. We hope to increase awareness with these types of stories and believe that is the least we can do.

This is the time of year to get outdoors and take advantage of all that Maine has to offer before the cold of winter sets in. We hope this issue will inspire you to spend time with your family or friends doing something that will create lasting memories.

All in all the stories in this issue are unique and come from you. You won't find them anywhere else. So read about your neighbor, your friend, and your community right here in your paper.

Thank you to all the readers, writers and advertisers for your warm support. Keep those e-mails, cards and letters coming.

Roseann Mango-Morgenson
Vice President
Maine Publishing Corp.

Community notices

Clams are Cool is Theme for Estuariesday at Wells Reserve

On Saturday, September 27, come to National Estuaries Day at the Wells Reserve at Loudholm Farm and learn just about everything there is to know about Maine's mud-dwelling, filter-feeding bivalves. You'll have fun finding out what makes clams so cool. Admission is free and activities last from 11am to 3pm.

At 11am, Isabel Lewando will talk about successful efforts to open local clam-flats for safe harvests. At 11:30am, Dr. Lindsay Whitlow will give an overview of clam life history and biology. Later, Wells Reserve educators will show how clams feed and what they're made of.

Lunch will be available from noon to 1pm. Feasters will get a mug of clam chowder, a pound of steamed clams with broth and butter, corn bread, oyster crackers, and a drink. Buy \$5 lunch tickets in advance to be sure you get a meal. Call (207) 646-1555 ext. 110 or pick them up at the Wells Reserve visitor center.

Kids will be rallied at 1pm for a chocolate clam hunt. After the candy frenzy, Wells Reserve docents will lead children and adults on an interpretive walk to the salt marsh.

Throughout the day, visitors will view plankton through microscopes, identify clams from Maine and beyond, browse exhibits in the Maine Coastal Ecology Center, and check out the equipment used for clamming.

The Dockside Restaurant in York and Fisherman's Catch in Wells are contributing to the Estuaries Day event at the Wells Reserve.

Proceeds will benefit education programs at the Wells National Estuarine Research Reserve. The Wells Reserve is located at 342 Loudholm Farm Road, just off Routes 1 and 9 near the Wells-Kennebunk line. For more information, call (207) 646-1555 or visit www.wellsreserve.org.

No Child Left Behind—Virtual Ocean Trip

Gulf of Maine, Inc. may have found a remedy for the ever-present atmosphere of short attention spans in today's classrooms. With an innovative leap, Gulf of Maine, Inc. has launched a new product line called Maine Tidepool Study Kits. These 'hands-on' interactive kits are part of a new realm of educational products that place sea life such as spiny sea urchins, slippery seaweeds, and wriggling worms, directly into the hands of students across the nation. This variety of sea life captivates young learners allowing many to experience sea-life for the first time in their lives. Appealing to all ages of students, teachers are quick to find many applications for using this marine life in their existing curricula. Overnight delivery, simple set up and ease of use makes the kits convenient for even the most inexperienced instructors. Upon completion of several days of study, teachers often culminate this activity with the eco-friendly option of shipping the sea life back to the company for release into the ocean.

Teachers and students from Maine to Colorado spanning all ages and levels have responded with enthusiasm. "Our kits have been a great success for our small company," says Aaron Corr, sales manager for Gulf of

Maine, "We repeatedly hear from teachers just how easy the kits are to use and how much they contribute as a 'hands-on' learning tool in their classrooms." Often times the class hosting the Tidepool Kit becomes a field trip destination as other classes and teachers in the school come in to take a peek! "Our mission is to share the gift of the sea, with people, students, and scientists everywhere. We always expect that the specimens we ship will be used to their greatest potential. In educating the students of the world about marine life, we intend to foster conservation minded values that will lead to the future stewardship of the oceans and all life found there," so says Tim Sheehan, marine biologist for the company.

What lies ahead for ahead for marine based education in our classrooms? Since the "Tidepool Kits" have been so well received, Gulf of Maine, Inc. has expanded their product line to include other marine habitats. Other sea life collections—such as that found on pilings and floats, or along rocky, muddy and sandy shores have also been developed. Students heading back to school may soon find that textbooks and Internet research may be pushed aside by the basic novelty of hands on experiential learning!

Read what people are saying about Gulf of Maine's efforts and learn more about their innovative educational products at their website, www.gulfofme.com.

Planet Dog Philanthropy Awards Grant to Lakes Environmental Association

Planet Dog Philanthropy (PDP), a non-profit grantmaking organization, is proud to announce another grant from its environment and education grant programs. PDP has awarded \$2,500 to the Lakes Environmental Association (LEA), a private, non-profit organization located in Bridgton, Maine dedicated to protecting the water quality and watersheds of the Sebago-Long Lake Region.

"The grant from Planet Dog Philanthropy will be used to support our PLACE (Promoting Local Awareness and Caring for the Environment) program," states Bridie McGreavy, the Watershed Educator of LEA. "PLACE, a program for students in grades 3-5, introduces students to their local environment by promoting an understanding of local ecosystems through direct observation and sensory perception," adds McGreavy.

LEA serves the towns of Bridgton, Denmark, Harrison, Naples, Sweden and Waterford as well as Sebago Lake. "Significant growth pressures in this region along with technical advances in the science of lake protection have prompted steady expansion of our programs and services so we are thankful for the support from PDP," adds McGreavy.

"Our environment and education grant programs share similar goals with the LEA so they were a natural fit for our grant program," states Lindsey-Heard Maloney, PDP's Executive Director. "We both strive to encourage students to develop a lifelong connection to their natural environment through education," adds Heard-Maloney.

Planet Dog Philanthropy was created by Planet Dog, a manufacturer and retailer of innovative products for dogs (and cats too) based in Portland, to support community

Casco Bay Weekly welcomes your community notices. Please keep your thoughts to less than 300 words (longer submissions may be edited for space reasons), and include your address and daytime phone number. Send to: Notices, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbwdir@maine.rr.com

based programs that foster quality education, help preserve and restore the natural environment and cultivate animal welfare. Planet Dog is proud to donate 10 percent of annual profits to Planet Dog Philanthropy in support of these objectives.

For more information about both non-profit organizations, please visit www.planetdog-philanthropy.org and www.maineakes.org.

Garrard and Company Portland 2003 Co-ed Softball Champions

Garrard and Company, a Portland-based marketing and communications firm, won the 2003 Portland Parks and Recreation Co-ed Softball Championship. Garrard beat a team from Anthem Blue Cross 9-8 in the championship game, scoring three runs in the bottom of the seventh inning to take the title.

Ace pitcher and Executive Creative Director Ed Zelinsky led Garrard and Company. Zelinsky finished the season with an 8-3 record, with the fewest walks allowed in the league. At 58, he was also the league's senior player. Team captain and Creative Director Kurt Squiers anchored a solid defense that kept Garrard in every game. The team's average margin of victory was five runs while the average loss margin was only 1.4 runs.

Other Garrard staff on the team included Vice President Jon Hutter at first base, PR Associate Nicole Lafreniere in short center, Production Manager Chris Mazuzan catching and playing first and freelance Art Director Marianne Matte pitching and playing the outfield. The team was rounded out with various wives, brothers-in-law and friends of the players.

Garrard and Company President, Brenda C. Garrard, gave her enthusiastic support to the team, coming out to see several games and covering the post-game celebrations. "This has been a great season and I like how our people get out and play together. Winning is always nice too," Garrard said.

Teachers Should Save Receipts for Educators' Deduction


As the school year begins, the Internal Revenue Service reminds teachers and other educators to save their receipts for purchases of books and classroom supplies. These out-of-pocket expenses may lower their 2003 taxes.

The deduction is available to eligible educators in public or private elementary or secondary schools. To be eligible, a person must work at least 900 hours during a school year as a teacher, instructor, counselor, principal or aide. Taxpayers may subtract up to \$250 of qualified expenses when figuring their adjusted gross income (AGI) for 2003. This deduction is available whether or not the taxpayer itemizes deductions on Schedule A.

The IRS suggests that educators keep records of qualifying expenses in a folder or envelope with a label such as "Educator Expenses Deduction," noting the date, amount and purpose of each purchase. This will help prevent a missed deduction at tax time.

This is scheduled to be the last year for this deduction. Last year's Job Creation and Worker Assistance Act put it in place for 2002 and 2003 only.

For more information, call the IRS Tele-Tax system toll-free at 1-800-829-4477 and select Topic 458. Or go to the IRS Web site at



casco bay weekly
GREATER PORTLAND'S JOURNAL
OF NEWS, ARTS & HAPPENINGS

11 FOREST AVE., PORTLAND, ME 04101
207.775.6601 • 1.800.286.6601
FX 207.775.1615
EMAIL: cbwdir@maine.rr.com

CONTRIBUTORS

WRITERS
Rob Brazary • Tom Keene • Andy Keene • David Neufeld
Animal Refuge League • Robert Frisk • Martin James • Patricia Quinto
Tina Yulek • Clemmer Mayhew III • Kim Goeller-Johnson
Tina M. Carlson • Linda Fredette • Allison Hanson • Aurelia Scott
Nancy Freedman-Smith • Edward Gleason • Leighann Smith
John Christian Hogarty • Collin Nelson • The Caregiver
Roseann Mango-Morgenson

PHOTOGRAPHERS
David Neufeld • Charlotte Smith • Adam Reich • Michael Poliskey
Clemmer Mayhew III • Allison Hanson • Tom Keene
Roseann Mango-Morgenson • Biodiversity • Phil Poirier

APPRENTICES
Charlotte Smith • Wendy Smith • J.D. Allen
Michael Poliskey • Abbie Ostrem • Leighann Smith

STAFF
Roseann Mango-Morgenson
Vice President • Maine Publishing Corp.

Michael Eric Bérubé
Marketing Advisor

Tom Keene
Technical Advisor

J.D. Allen
Marketing Advisor

Abbie Ostrem
Marketing Assistant

Josh McDougall
Art Director

Charlotte Smith
Production Advisor

Wendy Smith
Production Advisor

Leighann Smith
Production Assistant

Michael Poliskey
Production Advisor

Linda Desilets
Administrative Assistant

Roy Allen
Chief Financial Officer

CBW issues are purchased by our advertisers and distributed free to the public on their behalf. Please show your appreciation by giving them support whenever possible.

SUBMISSIONS
CBW is actively seeking submissions of all kinds from our community of readers. Photography, comics, articles, proposals and letters should be mailed to: Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mailed to cbwdir@maine.rr.com

WHO WE ARE AND WHERE TO FIND US
Every Thursday 30,000 copies of CBW are distributed free throughout Greater Portland, at outlets from Brunswick to Windham to Biddeford and at selected York County locations. Casco Bay Weekly is also on the Web at www.cbawebweekly.com

For information about display advertising, call 207-775-6601 or e-mail cbw@maine.rr.com

Casco Bay Weekly is published by Maine Publishing Corp., 11 Forest Ave., Portland, ME 04101. Subscriptions available for \$79 per year. For more information, call 207-775-6601 or email cbwdir@maine.rr.com. Send address change to 11 Forest Ave., Portland, ME 04101.

MAINE PUBLISHING CORPORATION

VERIFICATION

Entire contents © Maine Publishing Corp.

www.irs.gov and use its search engine to find Tax Topic 458.

Volunteer Drivers Needed to Transport Cancer Patients to Treatment

A training session for people in the Greater Portland area who are interested in volunteering with the American Cancer Society's Road to Recovery program will be held in South Portland on Friday, October 24, from 1pm to 3pm at the Cancer Community Center, 778 Main Street.

More than 7,000 Maine residents are living with cancer every day. Because of advances in medical research, there will be cures for many. Getting to the cure, however, can sometimes be a problem. The Road to Recovery program builds a local network of volunteer drivers to provide cancer patients with transportation to and from their treatments.

Cancer patients are often too sick to drive themselves to treatment appointments and many don't have friends or family members who can drive them each time. Some treatments may take place as often as five times a week for six weeks. Elderly cancer patients are especially in need of rides to treatment.

The Society is now recruiting volunteers to ensure that all cancer patients have transportation when they need it. If you have a car and some spare time, by volunteering for this program you can help someone keep a very important appointment. Whether you are available once a month or once a week, you can be a Road to Recovery volunteer.

To register for this training session or to learn more about Road to Recovery, contact Cheryl Tucker at the American Cancer Society, 373-3709 or 800-464-3102, press 3.

The American Cancer Society is the nationwide, community based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.

Nation's Largest Firearm Safety Program to Distribute Over 100,000 Free Gun Locks in Maine

What: National safety tour visits Cumberland County to distribute free cable-style gunlocks and accompanying educational materials as part of the Project ChildSafe program

Who: Project ChildSafe Representative

When: September 27-September 29, 2003
First daily stop at 9am

(Call your state contact for exact times for additional cities)

Where: Cumberland County

Saturday, September 27 Cumberland County Sheriff's Office

- Cumberland Police Dept.
- Windham Police Dept.
- Bridgton Police
- Gorham Police
- Westbrook Police
- Portland Police

Sunday, September 28

- South Portland Police
- Cape Elizabeth Police
- Scarborough Police
- Falmouth Police

Monday, September 29

- Brunswick Police
- Freeport Police
- Yarmouth

The National Shooting Sports Foundation has partnered with the Maine Police Chief's Association and local law enforcement agencies to distribute 100,000 free gunlocks in Maine as part of the national Project ChildSafe (PCS) initiative. PCS is designed to help make homes with firearms safer by raising awareness about responsible firearm ownership and storage.

An expansion of NSSF's Project HomeSafe, Project ChildSafe is funded by a \$50 million dollar grant from the Department of Justice and will provide nearly 20 million free gunlocks and firearm safety educational materials to families in all 50 states, the five U.S. territories and District of Columbia.

In 2002, Project HomeSafe succeeded in distributing 2.4 million safety kits to 44 states and has significantly raised awareness of firearms safety and responsibility. "We are proud to say that, since its grassroots beginning in 1999, Project HomeSafe became the largest, most comprehensive firearms safety education program in the nation thanks to the enthusiasms support from high-ranking government officials and law enforcement departments in communities across America," said Doug Painter, president of the National Shooting Sports Foundation.

For further information, please visit the Web site at www.projectchildsafef.org.

Taking Steps to End Alzheimer's

What is Memory Walk?

Memory Walk is the nation's largest fundraiser for people with Alzheimer's and their families. Walkers honor family members and friends suffering from Alzheimer's while raising funds in support of the Maine Alzheimer's Association. Walks will be held on October 4 in 15 locations: Augusta/Water-ville, Bangor, Bar Harbor, Bath/Brunswick/Topsam, Farmington, Fort Kent, Kennebunk, Lewiston/Auburn, Lincoln, Rockland, Rumford, Scarborough, Skowhegan, and York. (September 27 in Oxford Hills).

Honorary Chair Kim Block says, "Memory Walk funds stay in Maine to enhance care and support for 30,000 individuals with Alzheimer's, their families and caregivers. Services like the 24/7 'Helpline', which provides information and consultation on topics such as diagnosis, behavior management, medications, and care giving, depend on successful Memory Walk fundraising."

What is Alzheimer's?

Alzheimer's is a progressive, degenerative disease of the brain that results in severely impaired memory, thinking and behavior. Four million Americans have Alzheimer's. As baby boomers age, that number is expected to swell to 14 million, swamping the resources of the healthcare system and devastating millions of families financially and emotionally.

The cause of Alzheimer's disease is still unknown, and there is no prevention or cure. It is the fourth leading killer of adults nationwide. What is the Maine Alzheimer's Association?

The Maine Alzheimer's Association provides information, education and support services to people with Alzheimer's disease, their families and caregivers. All Memory Walk funds stay in Maine to support programs and services, which includes the 24/7 Helpline at 1-800-660-2871, 50 support groups, education and training programs, care management and advocacy.

The Maine Alzheimer's Association also supports research aimed at finding a cause, a cure, treatment and prevention of the disease.

To get involved call the Chapter office at 1-800-660-2871 for a team captain kit, information on walk sites, volunteering or making a contribution.

Interested in Your Community?

Come join in a discussion of community needs. The Retired Senior Volunteer Program (RSVP) wants to learn about you and your needs in the community.

Criteria:

- Active Member of the Community
- All Ages
- Everyone Welcome

Purpose:

- Teach us about your Community
 - For RSVP to better serve you
- Interested? Contact: Sarah Brady Communities For Children Americorps Vista At Southern Maine Agency on Aging 207-396-6525 800-427-7411 sbrady@smaaa.org

National Employ Older Workers Week is September 21-27

America is witnessing a dramatic growth in its population of those 55 and older, a trend that will continue well into the 21st century. The graying of our population has already had a profound effect on public policy and will continue to help shape and affect the dynamics of our society. As our population continues to age, older workers will play an increasingly important role in maintaining our economy and America's leadership in the world marketplace. Americans aged 55 and older are a dedicated and experienced core of our workforce. Their contributions to the nation, as paid workers and volunteers in both the private and public sectors, are immeasurable.

Though Americans aged 55 and older represent one of our nation's greatest resources, challenges still exist for their full integration into the nation's workforce. Older Americans who wish to continue to work—especially those who have lost their jobs, or seek a new career—face numerous barriers that include: employer attitudes and workplace practices that hinder their continued employment; pension plans and retirement systems that discourage employment beyond a given age; and regulations and workplace policies that inhibit flexible work arrangements and phased retirement.

In this new century, we are witnessing the blurring of the line of demarcation that has distinguished productive work years from those of retirement. Given the complexity and challenges of the emerging millennium, this country must adopt new policies and initiatives to encourage older persons to continue to use their unique combinations of knowledge, skills, insight, and experience as a part of the U.S. workforce for the betterment of us all.

We urge all employers to recognize older workers as vital to meeting the challenges of the 21st century, and we encourage public officials responsible for job placement, training and related services to intensify their efforts throughout the year to help older workers locate and obtain available training and employment.

To find older workers in Maine, call: The National Council on the Aging 1-800-655-6073
The Bureau of Elder & Adult Services 1-800-262-2232
The U. S. Forest Service 1-603-528-8756
The local CareerCenter

Readers feedback

Other Side of the Vaccination Issue

Having recently returned to the Portland area, I was pleased to pick up a copy of CBW to see what tasty bits of journalism you had to offer this week. As I flipped by page eight, the Health and Wellness article "One School Supply Children Need for Back to School" stuck out to me. I was beside myself as I read Tracey Adams one-sided account of the vaccine issue, encouraging parent's to waste no time and run like sheep-je to their doctors to "protect" their children (and of course other children) against "dangerous" childhood illnesses.

Unfortunately, vaccination is not as "cut and dry" an issue as Tracey Adams, the CDC and the NIH would like us to believe. I would think such a publication as yours would be a bit better balanced in your representation of its information, if not leaning towards the alternative. The "alternative" in this case, is looking into the truth of vaccinations, finding the information that doctors and the CDC can't and won't tell you and delving into the sickening conflict of interest that exists between doctors and care providers and the pharmaceutical companies profiting from vaccines. And let's not forget the ties many pharmaceutical companies have to our own government officials.

I could go on for days about the fallacy and danger that "routine" vaccination is. I know my opinion is not popular. I'm not brain-washed by my doctor, or the CDC or the government. I've taken the time to research vaccinations and I don't believe they are safe or effective. Give me a story of someone maimed or killed by a "vaccine preventable" disease and I'll give you the story of a child who has been injured, killed or permanently disabled by a routine vaccination. Do the research, weigh the facts, know what you're talking about before you recommend your readers march their children to the pediatrician for vaccinations—it's just not that simple.

Danielle Nelson
South Portland

We want your letters!

Please send your submissions (no more than 300 words), to Letters, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbwdir@maine.rr.com. Be sure to include your address and daytime phone number.

Jin Shin Jyutsu
Acupressure
Shiatsu Chi Kung

Ann Foster ABT
Pease Island & Portland
Mastercard / Visa

AnnFoster@MaineJinShinJyutsu.com
AnnFoster@MaineShiatsu.com

774.3465

Listening to users
Designing systems that work
Arthur Fink Consulting
www.ArthurFink.com



T'AI CHI ~ CHI KUNG

NEW AM & PM CLASSES STARTING IN
SEPTEMBER AND OCTOBER

STRESS REDUCTION • BALANCE • SELF-HEALING
RELAXATION • INTERNAL ALIGNMENT

CALL FOR BROCHURE: 780-9581
WWW.FULLCIRCLESYNERGY.COM

500 Forest Avenue, Portland, 780-9581
Yarmouth, 846-0848 Lewiston thru HealthSteps, 777-8898

TAKE THE TEST

FREE HIV Testing

ANONYMOUS ORAL
SWAB TEST

Call : 774-6877
for appointment

Sponsored by Frannie
Peabody Center,
615 Congress St., Portland

health & wellness

September is National Ovarian Cancer Awareness Month

by Patricia Guinto

Ovarian cancer is still the deadliest of the gynecological cancers and is often thought of as a silent killer even in the medical community. However, women who are aware of this cancer's symptoms and discover the disease early can fight and defeat this covert enemy.

According to the American Cancer Society, an estimated 25,400 American women will be diagnosed with ovarian cancer in 2003, and 14,300 are expected to die from the disease. The five-year survival rate for patients whose disease is detected in late stages is only 25 percent, yet if diagnosed before the cancer has spread outside the ovaries, a woman's chance for five-year survival rises to 90 percent. Therefore, early recognition of symptoms and early diagnosis can significantly increase the patient's survival rate.

"It is imperative for women to be aware of the risk factors for ovarian cancer," said Afshin Bahador, M.D., director of Gynecological Oncology at City of Hope Cancer Center in Los Angeles, California. "Women over the age of 50, those with a personal or family history of ovarian, breast, colon or uterine cancer and women who have not had children have an increased risk of the disease."

Right now, ovarian cancer does not have a reliable screening tool, so paying attention to changes in one's own body can lead to the early diagnosis that is crucial for successful treatment.

Know the symptoms:

- abdominal pressure, bloating or discomfort
- constipation, diarrhea or frequent urination
- nausea, indigestion or gas
- abnormal vaginal bleeding
- unusual fatigue or backaches
- unexplained weight loss or gain
- shortness of breath.

If these symptoms are unusual and persist for more than two weeks, women are advised to see a doctor. To aid diagnosis, Dr. Bahador suggests combining a pelvic/rectal exam with a CA 125 blood test and a transvaginal sonogram. Also, treatment by a gynecologic oncologist, an obstetrician/gynecologist who specializes in the diagnosis and treatment of women with cancer of the reproductive organs, has been shown to increase survival significantly.

For more information about ovarian cancer, contact the Ovarian Cancer National Alliance at 202-331-1332 or visit www.ovarian-cancer.org.

Supercharge Your Diet to Ward off Dental Disease

by Tina Valek

You brushed and flossed this morning, but have you had any black tea, cranberries, cheese or wasabi? If you're interested in healthy teeth and gums, some researchers suggest adding these and other oral health-friendly foods to your diet.

"Good nutrition promotes good oral health," said Diane Monti-Markowski, D.M.D., a national oral health advisor for Delta Dental Plans Association. "What you eat can affect the balance of oral health and the whole body simultaneously."

Take, for example, calcium and vitamin D. It's long been known that the duo promotes stronger teeth and bones, decreasing the risk for tooth loss. Among foods rich in calcium, cheese delivers an oral health bonus. Cooked or cold, cheese unleashes a burst of calcium that mixes with plaque and sticks to the teeth. This sticky mixture protects teeth from the acid that causes decay and helps rebuild tooth enamel on the spot.

Ongoing research shows that antioxidants and other nutrients found in fruits, vegetables, legumes and nuts are also good for oral health. They can strengthen immunity and improve the body's ability to fight bacteria and inflammation, all of which help protect teeth and gums. New discoveries are being made about specific foods as well. Fresh cranberries have been found to interrupt the bonding of oral bacteria before they can form

damaging plaque. Rinsing your mouth with black tea can reduce dental plaque, while green tea has been shown to ravage oral cancer cells. And for those who like it hot, some scientists believe that the antimicrobial properties of wasabi, the potent Japanese condiment, might prevent bacteria from creating conditions that lead to tooth decay.

While researchers continue discovering new superfoods for oral health, it's safe to say that what's healthy for the body is healthy for the mouth as well. Following the food pyramid is a good place to start. Eat sweets only sparingly, leaving room for whole grains, fruits, vegetables, milk, yogurt, cheese and other healthy foods.

But eating all the right foods will do little good without brushing at least twice each day, daily flossing and regular dental exams.

"Nutritional education is becoming an increasingly important tactic in preventive dentistry," said Monti-Markowski. "If you have questions about how your diet might be affecting your oral health, be sure to talk to your dentist or dental hygienist at your next checkup."

Based in Oak Brook, IL, Delta Dental Plans Association is a national network of independently operated not-for-profit dental service corporations specializing in providing dental benefits programs to 43 million Americans in more than 75,000 employer groups throughout the country.

paw print What About Forgiveness, Father?

by Nancy Freedman-Smith

To kick off our bad dog story contest, I am retelling my best really bad dog story, as told by the spirit of my old dog Dina. She was only one at the time, and we lived in East Boston. She is missed.

We're city dogs, see, and we don't need no stinking fences, or leashes at the park. Everyone is so civilized and we play and play and always come back when called because we are all so well trained and socialized. Everyone except my old roommate and best friend Rollo. That ol' boy could run faster, play harder and chase better than any dog before or since. Anything he wanted to do was fine by me. He really knew how to have fun.

It was a day like any other day. My person friend had gotten out of work early and took us to the park. We played tag, and played tag some more, until our tongues lolled out of our heads. Then Rollo spotted him. The Priest's cat was sunning himself across the street on the front of the church. Rollo took off at a lightning pace, with me trying to catch up and screeching in a voice that I save for only the best hunts. It is the closest sound to a bound that a Border Collie can make. Anyway, the poor ol' Tabby was a bit sleepy from soaking up all that sun, and we nearly caught him. He escaped narrowly into the church. What were all those old women doing in there with those black things on their heads? We were both screaming loudly now as we chased him through the church, across the pulpit, down around and out again. I tried to screech louder to warn Rollo of the bus, and I am

pretty sure that was what our human friend was doing as well. She wasn't moving fast enough that day, what with the baby so big in her belly. We bayed our best bay as we pinned our prey up a tree across the street. Who are all these people? It seemed there was no one left in the church at all. Even the dogs had left the park with their humans to see what the fuss was all about. My human hissed, "You are very bad dogs. Let's go." But hey, would you have left? We had the cat trapped. She grabbed our collars (ouch), and hauled our now-in-trouble butts home. We were still barking and baying and carrying on, but she was so angry we finally left with her. And she calls herself a dog trainer ... "Hey, look Rollo," I said, "isn't that the guy from the church? What is he doing talking to Ethel in the park?" Ethel was our favorite neighbor, and she always had special treats for us. We adored her. It appears the priest left the service in the middle of afternoon service to find out our names and report the incident to the police. Ethel reached into her bag and gave him pieces of tissue to stick on his face to soak the blood from where the cat had scratched him when he had tried to pull him out of the tree. In front of all those people Ethel turned to him touched both his arms, looked deep into his eyes and said "What about forgiveness, Father?" There was a silence, as pregnant as my human, until he turned and walked away talking to himself, with all those old ladies in black following in single file behind him back to church.

Comments? Contact Nancy at Gooddogz Training at gooddogz1@aol.com

CONTEST!

Do you have a funny story about your dog/dogs behaving really, really badly? Send it to us in 300 words or less. The top two stories will be published in the October 16th Issue. Please include your dog's breed and age at the time of the incident.

1st place: \$25 gift certificate to www.PlanetDog.com

2nd place: Free dog wash from Bark and Roll

Email preferred: Gooddogz1@aol.com. Please put Contest in the heading or snail mail to: Bad Dog Contest Casco Bay Weekly, 11 Forest Ave. Portland Maine 04101

Do not send stories where people or animals were hurt.

Deadline for submission is October 7th.

Adopt a Pet: Goldie

by the Animal Refuge League



Too cute for words, Goldie is an 8-10 year old female Norfolk Terrier mix transferred from an overcrowded shelter in Providence, Rhode Island. No history accompanied Goldie, so the staff is getting to know her better each day. Independent, scrappy, and confident, Goldie is all terrier! Typically a playful, mischievous, adorable little dog, the Norfolk Terrier can also be a prodigious digger, chaser and barker. Goldie is fiercely independent, and orients to her environment before checking in with people. This may offend some who are accustomed to more needy dogs. However, for Norfolk lovers, Goldie hits the mark right on! Goldie and cats will not share living space; a huge blessing for the cat population of the world! Because Goldie is an older gal without a history, her placement will be to a home with children or grandchildren over the age of 12. Minimal shedding with regular grooming, Norfolk's can be prone to dental problems. Goldie will have a dental cleaning prior to adoption. Although Goldie is small, she needs a good romp to let off steam and to keep her terrier energy in check. Perhaps a bit too persnickety for some, Goldie is a dream for those who know and love this breed!

Goldie is available for adoption from the Animal Refuge League, 449 Stroudwater Street, Westbrook. (207) 854-9771 or www.arlpg.org

PORTLAND POTTERY & METALSMITHING STUDIO

118 WASHINGTON AVENUE, PORTLAND • CALL 772-4334 TO REGISTER

CLAY AND JEWELRY CLASSES

Adult Classes Starting Now
Day and Night Sessions Available
All Levels Welcome

KIDS CLAY CLASSES

• STARTING NOW AGES 6-15 •
Wednesday and Thursday Afternoons
or Saturday Mornings

SPECIAL CLASSES

• POTTERY DECORATION •
Painting in the Majolica tradition
Tues 6-9 Starts Sept. 16
• PORTRAITS IN CLAY •
Wednesday 6-9 Oct 1-Nov 19
• CREATING MOSAICS •
Wednesday 6-9 Oct 1-Nov 19
• TILEMAKING + DECORATING •
Thursday 6-9 Oct 2-Nov 19

UPCOMING WORKSHOPS

• CREATING IMAGE ON TILE • RINGS OF SILVER • CREATING AT CONE 6 •

CALL 772-4334 SOON!
CLASSES FILLING FAST!

PAWS IN THE PARK DOG WALK 2003



September 28
Deering Oaks Park

All proceeds benefit the
Animal Refuge League

Gold Paw
Sponsors

Axon DM • Berkely Mailings • Brackett Street Vet • Brickyard Kennels
Casco Bay Weekly • Cats on Call • Daniel W. Emery - Attorney at Law
Diamond Dream Dog Center • Kennel Shop • The Leash We Can Do Petco
Pet Quarters • Pierce Atwood • Portland Press Herald & Maine Sunday
Telegram • Unum Provident

The Festivities

Dog demos.
Local music.
Exhibitors & shops.
ARL's parade of adoptable dogs.
Cool Canine Contests.

The Prizes

Every participant receives a prize!
To learn more about the prizes for top
pledge collectors and winners of the Cool
Canine Contests visit our web site:
www.arlpg.org

Team Challenges

Start a Corporate Team and be in the
running for a handsome plaque!

For More Information

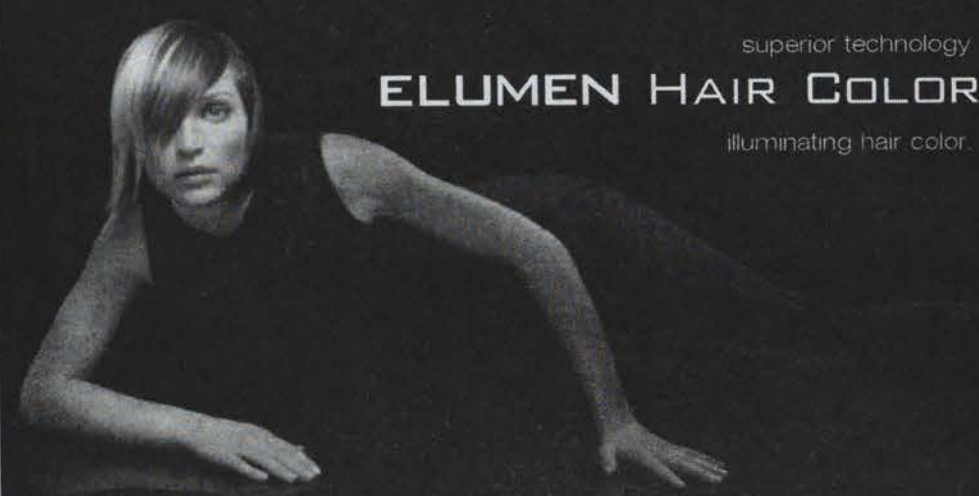
& to Get Sponsor Sheets Contact
the Animal Refuge League

854-9771
www.arlpg.org

Paradiso

Salon and Spa

The New Classics.



36 Market Street, Portland, Maine, 879-7414
www.paradisosalonandsa.com

family for me

Take Me to the Farm

by Tina M. Carlson

Fifteen-year-old Mindy keeps her room clean and enjoys the latest fashions. Willingly, Mindy put all that aside to speak with WGME 13 Thursday's Child reporter, Mindi Ramsey, at Wolfe's Neck Farm in Freeport. The two, Mindy with a "y" and Mindi with an "i," climbed on a rock to converse, with the occasional goat or sheep trying to grab the spotlight.

It was a beautiful day on the farm, and as determined as the barnyard animals were to distract Mindy from telling her story, she stayed focused on finding an adoptive family. The farm is the perfect place to unwind after a day at school. Mindy, like many teenagers, enjoys music, dancing, rollerblading, traveling, drinking Mountain Dew and animals, of course. This down-to-earth teen, who enjoys jalapenos on her pizza, found the pizza and stone soup gardens educational, as she strolled her fingers through crisp lettuces and stood by sunflowers taller than she. It was the smell of the pigs she was feeding, who were covered in mud and oinking for more grub, that kept her giggling and smiling.

Mindy is one of approximately 211 children waiting in Maine to be adopted. This down-to-earth fifteen-year-old really wants to celebrate her favorite holiday, Christmas, with a family of her own. Mindy will appear on WGME 13 Thursday's Child September 25th during the 6am, noon, 5, and 11pm newscasts. If you are interested in learning more about Mindy or want more information about foster care or adoption, call A Family For Me at 1-877-505-0545. You can also visit us on the web at www.AFamilyForMe.org



WGME 13

for ME.
A Family
Department of Human Services

Non-profit news

WMSJ's 10th Anniversary Concert Coming in November

by Roseann Mango-Morgenson

For 20 years, Michael W. Smith has been encouraging music fans with his words and music. In the last year, MercyMe has become one of the most requested musicians in all of music. For the last 10 years, WMSJ has been your home for Positive Hit Music that is safe for the whole family.

So to celebrate their 10th Anniversary, they thought they would bring them all this together for the largest concert in WMSJ's history.

WMSJ 89.3 FM is a non-profit organization that has been a long standing contributor to our community by providing uplifting family friendly music combined with terrific community events which in turn help increase funding to some of the states largest charitable organizations. They have been known to travel to other countries such as Africa to bring hope to those children stricken by starvation and severe poverty. They broadcast live from these remote areas to increase awareness and raise sponsorships that will give monthly contributions in order to provide food and shelter and schooling to these children.

Their next big venture (aside from the concert) is "Can The Van." Hundreds of southern Maine families have benefited over the last five years from JOY 89.3's annual "Can The Van" drives. Once again, they're partnering with the Salvation Army to distribute the food to those most in need in our community.

The holidays mean spending time with our families for most of us, and having a big meal to celebrate. For many families in the southern Maine area, the resources are not available to purchase the food needed to prepare even a modest meal. It is our desire that each of the families that receive a food box from "Can the Van" would be able to enjoy the simple pleasure of sharing a traditional Thanksgiving dinner with their loved ones. For more information call WMSJ at 1-800-434-3448.

Visit for more information on how you can join WMSJ in supporting your community by way of choosing one of the many fundraisers they have scheduled. Their website has listings for upcoming events, dates, locations and times.

More than 3200 tickets are gone for The Celebration Tour featuring Michael W. Smith and MercyMe, including all \$30 premier reserved seats. Tickets are on sale through the Civic Center Box Office and all Ticketmaster outlets, but don't wait too long, as less than half the tickets remain. So come celebrate with Michael W. Smith, MercyMe, and WMSJ on Thursday, November 6th at 7pm! They have a lot to celebrate and it's sure to be a sell out!



The line started to form in the wee hours Saturday morning when the tickets went on sale at noon ... Over 2100 were sold in the first 90 minutes!

PHOTO: ROSEANN MANGO-MORGENSON

Good news

Clip a Pink Ribbon from an Edy's Ice Cream Carton to Support National Breast Cancer Awareness Month

by Kim Goeller-Johnson

Edy's Grand Ice Cream and City of Hope, a world-renowned cancer research and treatment center, are working together to raise up to \$250,000 for breast cancer research. Specially marked cartons of Edy's ice cream now feature a pink ribbon, the universally recognized symbol of breast cancer awareness. Ice cream lovers who scoop up their favorite flavor this October (National Breast Cancer Awareness Month) can support City of Hope's efforts to treat, cure and ultimately prevent breast cancer.

"City of Hope" pink ribbons are featured on Edy's Grand Light, No Sugar Added, Frozen Yogurt and Sherbet packages through the end of October. Every purchase funds ongoing fight against breast cancer. Edy's has made an initial \$50,000 donation to City of Hope and will contribute an additional \$1.00 (up to a total maximum of \$250,000) for every pink ribbon consumers clip and send in by November 30, 2003 to: Pink Ribbon Donation, C/O Edy's Ice Cream, P.O. Box 4134, South Bend, IN 46634.

"Edy's kicked off its partnership with City of Hope this spring and we are delighted that ice cream lovers across the country are pitching in to support such an important cause," said Yulanda Young, Marketing Manager, Edy's Better-for-You Brands. "Women around the world will benefit from the innovative research conducted by the renowned City of Hope scientists and Edy's is proud to team up

with them to conquer this disease that impacts so many families each year."

According to City of Hope:

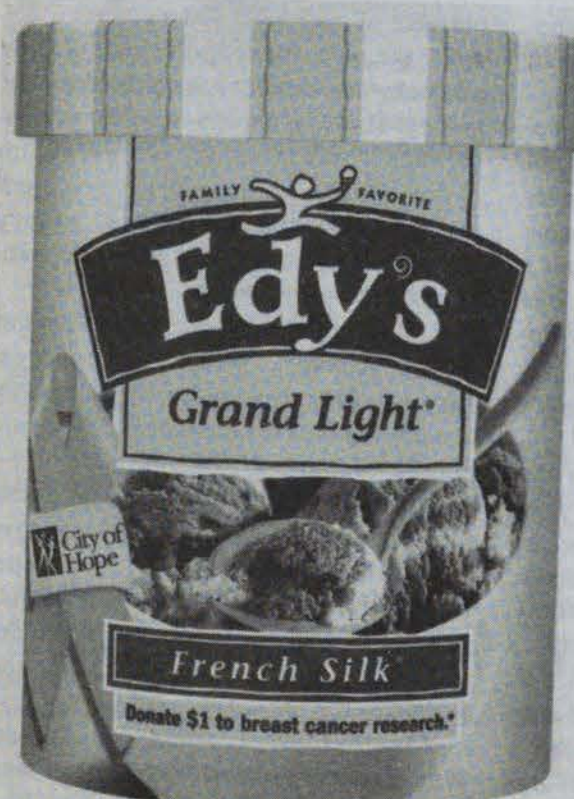
- Breast cancer is the second leading cause of cancer deaths among women.
- One out of eight women in the U.S. will develop breast cancer in her lifetime.
- An estimated 211,300 wives, mothers, sisters and loved ones will be diagnosed with the disease this year.
- City of Hope is uncovering new ways to make breast cancer not only treatable, but curable and one day, preventable.
- Declining fatality rates during the past 10 years are believed to be the result of earlier detection and improved treatments.

Edy's has made an initial \$50,000 donation to City of Hope and will contribute an additional \$1.00 (up to a total maximum of \$250,000) for every pink ribbon consumers clip and send in.

"Increasing awareness, encouraging early detection and raising research funds through our creative charity alliances with companies such as Edy's is essential to City of Hope's fight against breast cancer," says Maureen Carlson, director of Development for City of Hope. "Partnerships like these fund vital research that is advancing medicine—and advancing hope—for the 2.6 million women nationally who suffer from this disease."

For more information about how you can support City of Hope's lifesaving research and treatment programs, please call 800-260-HOPE, or visit the website at www.cityofhope.org. City of Hope—Where the Power of Knowledge Saves LivesSM

City of Hope National Medical Center and Beckman Research Institute, a National Cancer Institute-designated Comprehensive Cancer Center, is one of the world's leading research and treatment centers for cancer and other serious diseases including diabetes and HIV/AIDS. The work conducted at City of Hope is shared with medical centers worldwide, touching the lives of millions of people everywhere.



SMALL BUSINESS SPOTLIGHT

Book Traders
Books Bought and Sold
561 Congress St.
Portland, ME 04101
207-773-1840
Open Every Day

435 Cottage Rd.
So. Portland
on the way to
Portland Headlight
Thai Taste
A Taste of Authentic Thai Cuisine
www.thaitastemaine.com
★★★★ Review
Maine Sunday Telegram
Best Ethnic Restaurant
Casco Bay Weekly
767-3599

Fuller's
CHOCOLATES
ICE CREAM
THE BEST IN PORTLAND
432 Fore Street
Portland, ME 04101 • (207)253-8010

435 Cottage Road
So. Portland
Across from
Portland Theater
Thai Taste 767-3599
A Taste of Authentic Thai Cuisine
We Can Accommodate Parties
Catering Services Available
★★★★ Review Best Ethnic Restaurant
Maine Sunday Telegram Casco Bay Weekly
Monthly Specials
Mango Curry • Supreme Duck-3 Flavors
Seaweed Soup • Twin Lobster Tails
www.thaitastemaine.com

MOLLY'S
Steakhouse
&
Irish Pub
46 Market Street
761-4094

MARCY'S
47 Oak Street
FREE COFFEE
with
Breakfast or Lunch
Special
Monday-Friday only
good through Nov. 1st

**SHOULDN'T
YOUR AD BE
HERE?
CALL J.D.
FOR DETAILS!
775-6601**

Small Business Spotlight is sponsored by
**THE GREATER PORTLAND
CHAMBER OF COMMERCE**

Marketing Position Available

Qualified individual must be well experienced in professional advertising sales.

All applicants must have at least five years experience in large accounts and provide references. The right candidate should have office management skills as well as proficiency in Macintosh and Excel. Experience in Quark and In Design software is a plus.

Maine Publishing Corp. is an equal opportunity employer and will consider all applicants meeting this minimal criteria.

Please send all resumes to my attention Roseann Mango-Morgenson, via e-mail at cbw@maine.rr.com. Please do not send as an attachment but include it in the body of the e-mail. You may also fax it to: (207) 775-1615. To mail your resume, please send it to P.O. Box 1238, Portland, ME 04104-1238.

cbw
casco bay weekly
GREATER PORTLAND'S JOURNAL
OF NEWS, ARTS & HAPPENINGS

Incisive! Inquisitive! Intelligent! Entertaining!
Talk-Radio For All Of Maine!
Good Morning Maine!
Saturday Mornings From 9 'til 11
With
Host Jeff Weinstein
&
Co-Host Mike Leonard
Statewide On
NewsTalk WLOB
AM-1310 & FM-96.3

Check Out The Show's WEBSITE:
www.GoodMorningMaine.com

A Production of Media Guys Inc. • Yarmouth, Maine • © 2003 Media Guys Inc.

from *where I sit* Tall Tales and Advocacy

by The Caregiver

As someone who has worked with people who have disabilities for well over ten years, I suppose one could say I am someone who has seen things. Unfortunately what I have seen is not very pretty, in fact it's rather disgusting and I am not talking about the beautiful people I have had the privilege to care for.

I am talking about the system that supposedly cares for these individuals and sucks the state and federal (government) for everything that it can get.

Some of the agencies in the private sector did start out with good intentions but as they became larger, the cancer set in. Not one agency in the private sector is immune from this malignancy.

What is this malignancy? It is simply the malignancy of greed and the evil, and yes the evil that comes with that greed. If I wanted to I could write a book about what I have seen done to the people I have cared for and loved over the years.

These agencies would have you think that we have come so far from those days of Pineland and no longer do people with disabilities have to live in the institutions, but I know this one of the many tall tales they will tell in the name of advocacy.

I can not count how many times I have seen people with disabilities really starting to become happy in their environment only to see managers come in like vultures and destroy that environment.

Many of you are now asking why ... What is the agenda ... how could they do that? The answer is very simple. If someone with disabilities gets better, these agencies lose money.

So these agencies have to create so-called behaviors and incidents so that they don't lose the money that they are receiving from the funding source that being your taxpayer dollars.

One example that comes to mind was when I was working with three individuals for over two years and we had a waiver home and all three individuals were considered high behaviors.

I truly enjoyed working with them and being their friend. All three knew that about me and they felt safe with me. As time went on their "behaviors" went down next to nothing. We finally had a home where everyone could be themselves.

One night a middle manager comes in and actually starts yelling at one of the individuals for no reason at all and after a few minutes the whole house is in a state of chaos. The police had to be called as one of the individuals fled the house. I

One night a middle manager comes in and actually starts yelling at one of the individuals for no reason at all and after a few minutes the whole house is in a state of chaos. The police had to be called as one of the individuals fled the house.

said to the manager "What are you doing?" This individual then said, "Come see me in the morning."

The manager with lips quivering said it had to be done for the good of the agency. I said "What?" The manager said we need to have incidents with these individuals otherwise we will lose funding from the state.

At the time I was in shock and did not know what to do. All I knew at the time was that something is very wrong with this picture.

By the way, the "raids" continued until there was no more home left to speak of. As I have said I have seen a lot go on over the years and I do not feel that we need to get into the grisly details of what I have seen of helpless people in the comfort of their so called advocates.

This is an indictment of the private sector and it is my hope to expose the real agenda. There are some individuals with disabilities, which have annual budgets of over \$300,000 a piece.

By the way, these individuals if they are lucky maybe get to see a third of that money. That is a lot of money for one individual whom is many times the victim of the vultures whom seek to keep them making \$300,000 a year for their agency all under the guise of ... well this individual is so problematic.

Well then you may ask who does get all that money ... well all the unnecessary administrators with titles like Assistant Director for Research of Housing and Development.

I know an individual whom has a new type of program that would actually save \$1,000,000 in taxpayer money over a period of three years. This individual has gone to a number of agencies in the private sector only to be met with fear and contempt.

Why you ask ... simply put, greed. Why should we make anyone better after all we have to keep the status quo ... we might loose that \$1,000,000.

greener side

by David Neufeld

Gardens are the intermediaries between The Nature Channel and a hike in the woods. Many days that's as far as you get. Here is a list of ten ways you can make your garden a good proxy for the outdoor experience.

- Leave the phone in the house.
- Get out of sight of your car (turn your back to it if necessary).
- Don't do any work.
- Sit down in a dirty spot (wet, hard, or leafy is okay).
- Notice the wildlife. Trap it, hook it, or shoot it if you must, but only in season.
- Go alone.
- Bring a water bottle and trail mix.
- Bring a friend and plenty of food.
- Tell someone where you're going but that you won't be back for hours.
- Stay out until sunset.

If you don't have a yard where you can do this, here's a back-up list:

- Make friends with a neighborhood tree.
- Go to the ocean at low tide and wait.
- Lie on a rooftop all night.

To make a yard where this is possible is rewarding. Most



Grass Pattern
PHOTO DAVID NEUFELD

gardens that people make are an extension of their ideal natural environment. Lovers of sky will make open gardens. Woods people want the shade and secrecy. Some people seek the boundaries: sky and land, water and land, sky and water. A formal garden may result.

To paraphrase a dozen self-help books, *Everything I Ever Knew About Gardens I Learned Outdoors as a Kindergartner*.

So, I'm out at a restaurant with my family and afterwards my son wants to go for a walk. He's seven. It's almost dark. We

Step Out

walk up the street to where a still pool of water has formed behind a dam on one of those hidden streams that cut through neighborhoods. Cattails border the water. A mammoth oak looms on the far side. Next to us, red berries hang in clusters from a huge viburnum bush. My son plucks some. He throws one into the water, then another ...

Fifty berries later and in near darkness, we watch the last of many concentric ripples (shock waves he calls them) dissipate into the cattail reeds. We've had an outdoor experience, complete with that happy sense of unrelated universality that's possible when you step out of the house and let the outdoors in.

The next day, Saturday, he sees the wind ruffling the surface of a pond and points to the "shock waves" circling the tip of a rock that sticks out of the water.

That evening it hits me. For starters, Zen gardens with boulders and raked gravel literally mimic nature. But the larger impression I get is that any big solid object in the garden causes spatial ripples around it. And the momentary burst of color from a bush or tree in bloom sends out shock waves the way the berries did when they hit the still pond.

This and other garden design concepts gain authority because we have seen them played out in nature. It's an open book.

David Neufeld designs gardens as if they are outdoors. Address your garden questions to him via e-mail: northstr@megalink.net.

property values

by Clemmer Mayhew III

Downtown progress once targeted historic buildings for demolition rather than more recent structures built during the urban renewal movement. But as more of these post-WW II structures have gained notoriety as "sick" buildings, many cities have opted to remove them. Portland's pedestrian-oriented peninsula still shelters some of these anomalous artifacts where form trumped function.

Unfortunately, the city's public safety building was a victim of this anti-aesthetic climate during the 1960s and 1970s that produced some of downtown's fuzziest designs. The police department's command center is a nondescript, practically undetectable, numberless, brick-and-glass building on the corner of Franklin and Middle Streets. This dated building is more out of touch with contemporary architectural expectations than the nearby century-old Custom House.

The urban renewal movement's reign of terror decimated historic blocks and turned streets into expressways. This notorious era produced the engrossing Cumberland Civic Center, a mosh pit for one-night stands; the statuesque Holiday Inn by-the-Bay, a mirthless monolith of blackout curtains; and the humdrum Monument Square, twin towers of architectural anonymity. The Nickelodeon Theater and parking garage's broad brick wall design is an abrupt departure from the artful ensemble of adjacent buildings. Across the street, the Canal Plaza complex's monotonous grid of brick and glass would be an asset for Marginal Way but an aesthetic liability in the historic urban center.

Collectively, these buildings are examples of Brutalist architecture. Derived from the French phrase, *brut*, meaning rough concrete, Brutalism's genesis is most often credited to the renowned architect, Le Corbusier. While Le Corbusier's Bauhaus designs experimented widely with concrete and brick, Portland's brick-and-glass buildings would be considered Brutalist when their primary elevations form a block-like spatial effect. Brutalist buildings appear molded

rather than designed. Their sculptural shapes often intersect with one another like a series of interlocking cubes.

The police station's bland design betrays the city's remarkable history of distinguished public buildings. City Hall is a visually arresting showcase. The county and federal courthouses are major landmarks. Portland High School is an architectural gem. The main fire station is a classic.

In addition, the existing building fails to fulfill elements proposed in its own mission statement posted in the facility's lobby, including "... to enhance the quality of life, ... reduce the perception of fear, and ... provide for a safe and caring environment." A public safety building should be a place where the public finds help or assistance not an obstacle course.

Designed by Boston-based architects, Johnson, Hotvedt and Associates, the L-shaped building opens onto an inner courtyard while facing Franklin and Middle Streets. Official police vehicles enter through a parking garage attached to the rear of the building. The multi-level public entrance is located on Middle Street and can only be reached after a steep climb of fifteen stairs. Pedestrians must also step carefully by a ramp leading into an underground garage that accommodates parking for the department's top brass, motorcycles, a fingerprint area and a shooting range.

While the parking garage features a handicap pole sign with an arrow pointing down the street, I was never able to find any handicapped space within close proximity to the station. The closest garage spaces are reserved for supervisors. A monument sign stating, *Portland Public Safety Building*, with a street number, should be placed at the corner. The existing sign, *Portland Police Headquarters*, should be removed and collect dust in the police museum.

The 63,000-square-foot building should have been designed as an integral and accessible part of the community. Instead, the structure's generic composition imposes a suburban institutional context within Middle Street's ensemble of buildings. The metal roofing material avoids the artful

Arrested Development: Building Matters: Portland's Public Safety Building

visual vocabulary found in the historic Woodman and Rackleff facades. The building stares blankly across the street to 100 Middle Street, an expertly sited and articulate office complex. The nearby Hilton Garden Inn's suit-of-armor shell only compounds another of the police building's flaws—one-way-mirror glass windows, especially along the Franklin Street elevation.

The use of reflective glass windows was often environmentally driven. Perhaps best remembered for falling out of Boston's John Hancock Tower during the 1970s, this window type can be found in skyscrapers from Houston to Los Angeles. When applied in a smaller scale, it acts as an alienating surface. The reflective glass gives the public safety building a pervasive *Area 51* ambience, further isolating it from the immediate surroundings. Transparent window glass would greatly enhance the building's depth.

The building's inner sanctum is composed of

an extensive maze of multi-use office support areas, an auditorium and a gymnasium. Currently it is undergoing an extensive interior redesign that hopefully includes replacing the eight-seat bench with ripped vinyl cushions in the public reception area. The locker room remodeling and roll call room expansion have been tabbed at \$30,000, according to city building permits.

Portland's police department deserves more than an interior makeover. Portland's finest should have a state-of-the-art public safety building. Their existing building stands as a symbol of the misguided urban renewal movement. Its demolition would be an enlightened quantum leap. And, by placing a 21st-century, technologically modern headquarters alongside its other prominent public buildings at the corner of Franklin, Cumberland and Congress Streets, the city has the opportunity to send a lasting and powerful cultural message.

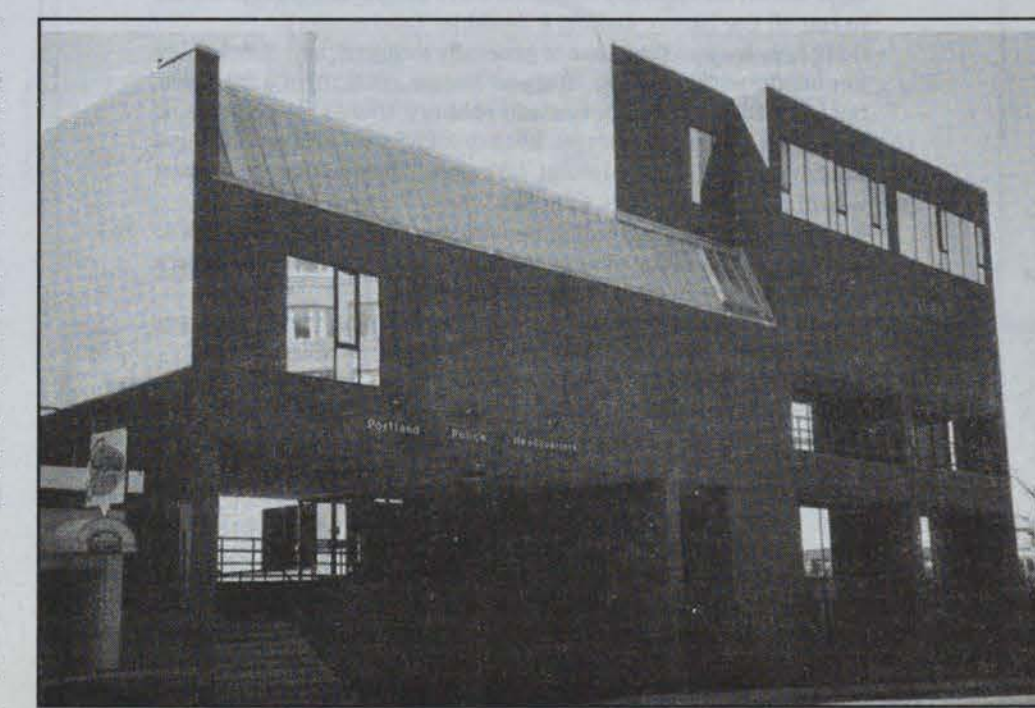
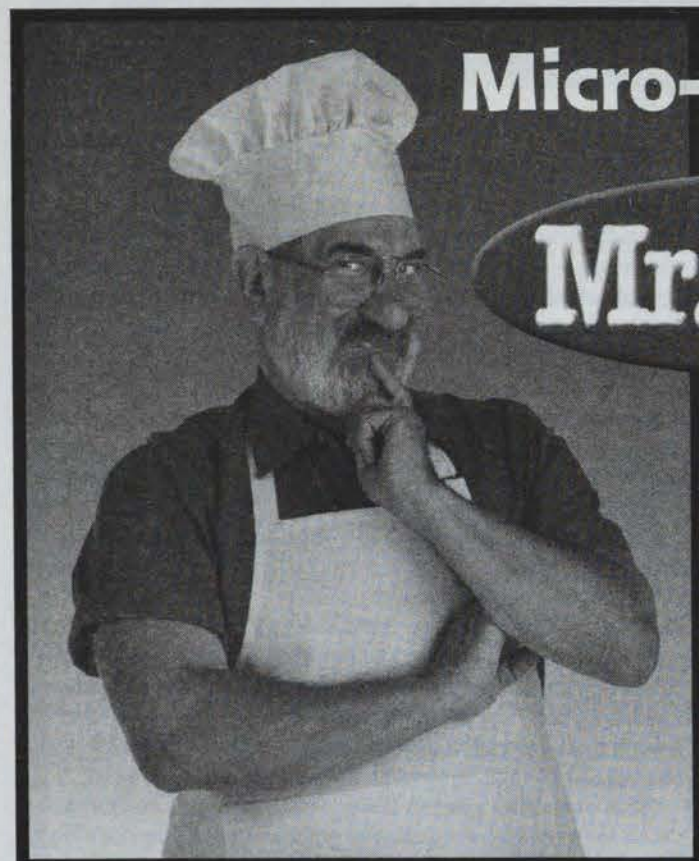


PHOTO CLEMMER MAYHEW III



Micro-Minute by Mr. Food®

We all know how versatile and quick the microwave is for getting dinner on the table, but not many of us take advantage of its speediness in the morning—you know, when we're really short on meal preparation time.

I've gathered a few tips to help take some of the guesswork out of preparing our most important meal of the day in the microwave oven. That'll make it even easier to get a delicious breakfast in before everyone heads out the door.

- Egg yolks attract more microwave energy than egg whites, even when mixed together; that's why many microwave egg recipes call for standing time, allowing for the egg whites to "set up" without overcooking the yolks. If your recipe calls for this, be sure to follow the instructions.
- Reheat rolls or muffins by wrapping them in plain white paper towels and microwaving for only a few seconds, until they become warm to the touch. Do not overheat, or they may turn rock hard.
- Cook bacon on specially designed trays and racks to allow the fat to run off the bacon, making it healthier (and neater)!
- Cook eggs for less time than is generally required, and check them frequently while cooking. You can always cook them a bit more, but once they're overcooked and rubbery, there's no going back!
- Foods high in sugar content heat quickly, so if you're heating a Danish or jelly-filled doughnut, be careful! The outside can be just warm, while the filling is very hot.
- Never cook an egg in its shell because it will explode. When cooking a whole egg in the microwave, do it out of the shell, and pierce the yolk so it won't burst during cooking.
- Covering cooking containers with a lid, plastic wrap or wax paper helps food cook more evenly, and cuts down on splattering.

Now that you have all these tips, you're ready to give microwaved breakfasts a try with my favorite super-handy morning recipes. And, speaking of handy, check out the microwave accessories that are available in most housewares and mass retail stores now, from egg poachers and omelet dishes to covered hot cereal bowls. Yes, an easy and tasty breakfast straight from our microwave is a great way to start a day off with loads of ...

"OOH IT'S SO GOOD!!"

Veggie Frittata 6 servings

"A frittata is basically a quiche without the crust. Teamed up with a salad, it also makes a great lunch or light dinner."

- 1 tablespoon butter
- 2 cans (15 ounces each) mixed vegetables, drained
- 6 eggs
- 4 tablespoons grated Parmesan cheese, divided
- 1 teaspoon onion powder
- ¼ teaspoon salt
- ½ teaspoon black pepper

1. Place the butter in a microwave-safe 9-inch deep-dish pie plate; microwave at 100% power for 30 seconds, or until melted.
2. Pour the mixed vegetables evenly over the bottom of the pie plate.
3. In a medium bowl, combine the eggs, 2 tablespoons Parmesan cheese, the onion powder, salt, and black pepper. Whisk well and pour over the vegetables.
4. Microwave at 100% power for 4 minutes. Stir the outside mixture into the center. Sprinkle the remaining 2 tablespoons Parmesan cheese over the egg mixture; microwave at 100% power for 2 minutes, or until the eggs are set. Slice into wedges, and serve.

Seven-Minute Cinnamon Buns 6 to 8 servings

"The last thing we want to do in the morning is get up and start baking. What if I told you that we could have ooey-goey, fresh-baked cinnamon buns in under 10 minutes? Well, we can ..."

- 1 large package (16.3 ounces) refrigerated buttermilk biscuits (8 biscuits)
- 1 tablespoon butter, melted
- ¼ cup granulated sugar
- 1 teaspoon ground cinnamon
- ¼ cup chopped pecans
- ¼ cup confectioners' sugar
- 4 teaspoons milk

1. Separate the biscuit dough and cut each biscuit into 4 pieces; place the pieces in a large bowl. Pour the melted butter over the biscuit pieces.
2. In a small bowl, combine the granulated sugar, cinnamon, and pecans. Sprinkle the sugar mixture over the biscuit pieces and toss until evenly coated; transfer the mixture to a microwave-safe 9-inch deep-dish pie plate.
3. Microwave at 70% power for 5 minutes. Remove from the microwave, let cool for 2 minutes then invert onto a serving platter.
4. Meanwhile, in a small bowl, combine the confectioners' sugar and milk to make a glaze; drizzle over the warm cinnamon buns and serve immediately.

Five-Minute Breakfast Sausage 16 patties

"This makes a great go-along for any breakfast sandwich, omelet ... you name it! And best of all, it's Southern-inspired and homemade!"

- 1 pound ground pork
- 1 teaspoon browning and seasoning sauce
- 2 teaspoons ground sage
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- ¼ teaspoon black pepper

1. Coat a microwave-safe 9" x 13" baking dish with nonstick cooking spray. In a medium bowl, combine all the ingredients; mix well. Form into 16 patties and place in the dish.
2. Microwave at 80% power for 3 to 4 minutes, or until no pink remains in the pork. Serve immediately.

Egg Nachos 2 servings

"Here's a different way to start the day—one that's sure to have everyone shouting 'Ole!'"

- 2 eggs
- 1 tablespoon salsa
- 1 cup spicy-flavored tortilla chips
- ½ cup shredded Mexican cheese blend

1. In a small microwave-safe bowl, combine the eggs and salsa; mix well. Microwave at 100% power for 1 minute; stir to break up the eggs. Microwave at 100% power for 30 seconds; stir to break up the eggs.
2. Place the tortilla chips on a microwave-safe plate. Sprinkle evenly with the cooked eggs. Sprinkle with the cheese and microwave at 100% power for 1 minute, or until the cheese is melted.

Skyline From The Southworth Planetarium

Where the Aliens Are

by Edward Gleason

The recent Mars apparition re-ignited debate about outer Earth beings. Now, we know today that Martians do not exist. However, we decided to capitalize shamelessly on the topic this week—just for the sheer delight one derives from pondering the unknown.

OK, now, be honest. Have you ever observed the night sky and thought, "I wonder how many aliens exist out there?" The existence of extraterrestrials intrigues most people. How many of those pinpoint lights are the suns of other civilizations? Would it be possible for any of these exotic beings to explore the galaxy? Might any of them be lurking around our own planet?

This last question has sparked a cottage "alien" industry in our nation. The large bug-eyed alien with an oblong face is part of modern culture, along with Roswell, Area 51, and myriad UFO sighting reports the Air Force, police departments, and planetaria receive every year.

While most scientists

dismiss these icons and UFO sightings as the fanciful delusions of the ignorant and/or imaginative, the question of aliens is a profound one. We humans have invested considerable emotion into this speculation. After all, the existence of other races and creatures in outer space would infuse spirit and sentience into an otherwise soulless sky. Many of us want the aliens to exist. We want the galaxy to teem with beings. Some joyfully imagine them traveling from star to star, darting effortlessly through the unfathomable interstellar voids.

Thus, we must be critical to the nth degree. Skepticism is required to check our inner desire to make aliens real. So, without forming any opinions, let us simply examine the facts:

We know one world in the galaxy harbors life. We're living on it. Life required millions of years to proceed from the microbial stage to the modern human, but all masterpieces demand time and effort.

Our galaxy alone has nearly 400 billion star systems. Simple statistics would suggest that within at least a handful of those stars other life-bearing worlds must exist. If planet formation is a natural consequence of star formation, then the number of possible planets in the Milky Way may equal or exceed one to two trillion. Those convinced that the Universe is a super-potent creator of life, cannot conceive of a galaxy containing one to two trillion barren worlds.

The notion that planets naturally form around stars is not new. However, within the last decade, astronomers have actually found planets around other star systems. Called "extra-solar planets," these worlds gravita-

tionally tug on their parent stars. Earth-bound researchers employing sensitive equipment have observed these tugs and thus have detected more than two dozen extra solar planets in our small part of the galaxy. One of them is around 51 Peg: a faint star just to the west of the Great Square of Pegasus. This star is similar to the Sun, but the discovered planet is certainly unsuitable for life. Other planets hospitable to life may exist in this system, but were not massive enough to produce the tugs those astronomers observed. Planet formation does seem to be a regular, as opposed to freak, occurrence.

The existence of extraterrestrials is one question. The existence of space-faring races capable of traversing interstellar distances is quite another. The distances separating stars is vast. Our Sun's nearest stellar neighbor, Alpha Centauri, is 4.2 light years away. That means that light, traveling at 186,000 miles per second, requires more than four years to travel between these stars.

That same beam of light could travel around Earth's equator eight times every second!

Some researchers reason that other civilizations would consider these distances insurmountable.

Many astronomers assert that aliens would opt for less expensive and less time-consuming means of contacting other civilizations. Radio communication is the method we assume they would select. Radio waves travel at light speed and could propagate through the galaxy much faster than we could travel. (When Voyager II flew around Neptune in 1989, it achieved the greatest velocity any human-made object has yet attained: 180,000 miles per HOUR: less than 1/3000th the speed of light).

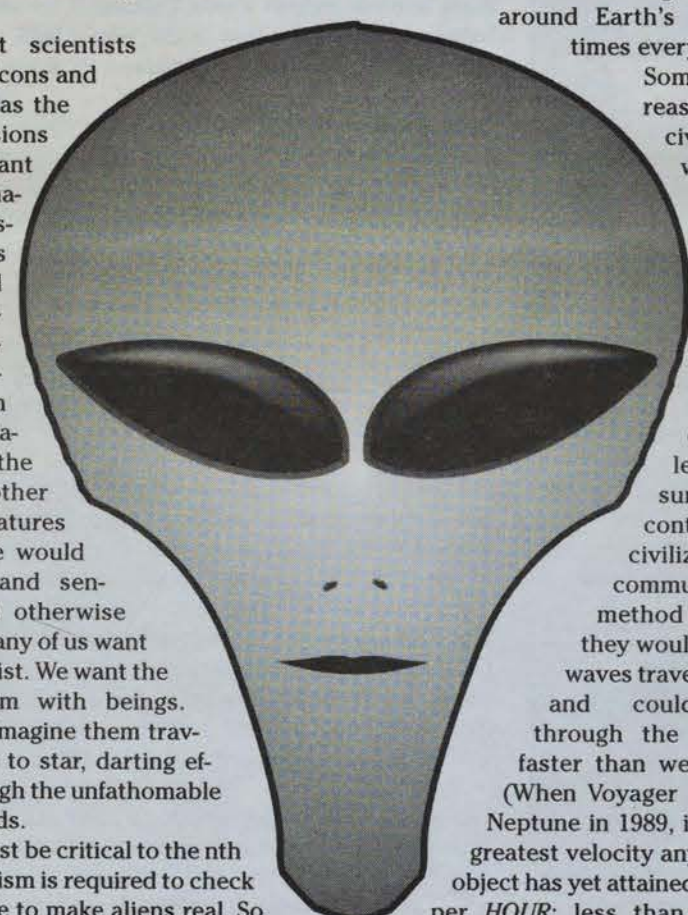
We are sending radio communications into space constantly, through radio and television broadcasts. An organization called SETI (Search for Extra Terrestrial Intelligence) is currently trying to detect "intelligent" radio signals from outer space: blips of intelligence amidst the din of cosmic static. They have not yet discerned any "intelligent signal" from outer space. Yet, this lack of evidence is hardly surprising. The vast quantity of star systems is vast. So, too, are the radio frequencies on which other races may be broadcasting their existence.

SETI continues to listen ...

Do aliens exist? Are they scouting around Earth, as some believe?

Your guess is as good as ours.

We have shows on Friday nights and Saturday nights at 7pm and 8:30pm. We offer matinees on Saturday and Sunday afternoons at 3pm. Call 780-4249 for more information.



The Lady Captain's Ring

"I Want to Wear My Ring All the Time!"

Women told us what they wanted: a diamond ring which could be worn all the time and yet was both feminine and beautiful. We listened and created an entire collection of contemporary designs which are low profile, durable, and comfortable.

These exclusive designs were created to be worn 24 hours a day*, 365 days a year, during the widest range of activities. Ideal for today's active lifestyles. Each ring in this lifestyle collection features a full platinum rim to protect the entire outer perimeter of your diamond.

From day one, the Lady Captain's Ring was an instant hit. It is a ring which possesses mystic appeal. There is just something about the double-horizontal double-vertical design that simply appeals. The design is low-profile, comfortable, wearable... flows with the hand... it's completely natural.

Cross Jewelers

Manufacturing Jewelers Since 1908
570 Congress St. Portland, ME 04101

1-800-433-2988

www.crossjewelers.com

©2001



www.ourmaine.com

Language Classes

Group/Private Instruction
Weekend Workshops
Ethnic Social Events
Overseas Immersion Programs
Children's Classes

(207) 772-0405
Some of the benefits: Communicate effectively in more than one language • Be more valuable to your business • Enjoy your travels • Connect with your cultural heritage • Further your understanding of the world • Have fun!

The Language Exchange
School 885 Broadway - St. Portland
language@maine.rr.com

OPEN HOUSE
September 18th
5:30 - 7:30 pm
www.immersionprograms.com



Southworth Planetarium

UNIVERSITY OF
SOUTHERN MAINE

96 Falmouth Street Portland, Maine

HTTP://www.usm.maine.edu/~planet/

207-780-4249

cascobayweekly.com SEPTEMBER 25, 2003

15

Maine OUTDOORS

Be it hiking, hunting, camping, or skiing you can be sure your favorite outdoor activity is within a quick drive or brisk walk. That's one of the great parts of our city, and state for that matter. CBW will fill you in on when and where all of your favorite outdoor activities will take place.



PHOTO: BIODIVERSITY

Portland Trails

by Aurelia Scott

Imagine what it would be like not to be able to walk along the Portland waterfront from the Old Port to East End Beach.

When Tom Jewell, Nathan Smith and Dick Spencer started a grassroots urban land trust named Portland Trails in 1991, that part of the Portland waterfront was a weed-infested wasteland of rusting railway tracks. Twelve years later, it's the pristine multi-use Eastern Prom Trail that welcomes hundreds of runners, walkers, bicyclists and roller-bladers daily.

Since its founding, Portland Trails – or "PT" as the non-profit organization's volunteers and members sometimes call it – has instigated the creation of fifteen miles of multi-use trails throughout greater Portland. According to Executive Director Nan Cumming, they are still building. "We expect to keep building one to two miles of trail a year. Our goal is to create a thirty-mile network of multi-use trails within Greater Portland that will link neighborhoods, parks, schools and businesses."

With fifteen extant miles, there is a trail for every interest, says Cumming. She opens a map and trail guide that includes hiking/walking trails, bike routes, parks and open spaces, as well as local resources and points of interest. The map, which can be purchased from Portland Trails for \$4.95, is also available free with a Portland Trails membership.

"If you love to ride your bike fast, you could get on the Eastern Prom Trail at India Street beside our offices and ride along the bayshore, beneath Tukey's Bridge, around Back Cove and back. That's over seven and a half uninterrupted miles," Cumming traces a dashed red line on the map that shows the route.

"If you want some peace and quiet without leaving Portland, I suggest the Stroudwater Trail – two miles through the woods along the Stroudwater River. It's also a great trail to explore in the winter on snowshoes or cross-country skis."

These two trails and the twenty-one others traced on the map exist because of the extraordinary efforts of an army of volunteers, says Cumming. "Nothing would happen without

them. Our Board and Trail Committee members actually roll up their sleeves to map, shovel and rake. PT members and friends trundle wheelbarrows full of gravel on Trail Building Days. Neighborhood groups pitch in.

Even schoolchildren come out—Lyseth School's students helped build the Lyseth-Moore-Pine Grove Trail and Hall School teachers and students helped create a great nature trail at their school."

In addition to volunteers, Portland Trails contracts with such environmental service organizations as the Maine Conservation Corps and the Student Conservation Association to help build trails. "It's a win-win situation," says Cumming. "The students learn work and life skills and Portland gains new trails."

PT's newest success exemplifies the power of such cooperative ventures. In 2002, working with the City of Portland, Portland Trails helped create the Presumpscot River Preserve that protects sixty pristine acres along the Presumpscot River in Portland and Falmouth. Footpaths already run beside the newly restored river in which striped bass and alewives once again swim. Formal trail building began this summer. Want to see for yourself? Head out to the new access trail at Oak Nuts Park and Overset Drive and take a hike.

Hit The Trails

Back Cove Trail – 3.5 miles. One of the oldest and most popular trails in Portland runs around Back Cove.

Capisic Brook Trail – 0.5 mile. A trail through woods and fields in a city-owned nature preserve.

Eastern Prom Trail – 2.1 miles. This trail along the old rail corridor offers spectacular ocean and water views.

Harborwalk – 5.2 miles. This trail follows paved trails and sidewalks from Portland's East End Beach around the harbor across Casco Bay Bridge to Bug Light Park in South Portland. Great way to explore our working waterfront.

Fore River Sanctuary – 2 miles. This trail runs through a Maine Audubon Society preserve over salt marsh. Offers great bird-watching opportunities.

Fore River Trail – 1 mile. Funded with restoration funds from the "Julie N" oil spill, this trail along the Fore River includes interpretive signage about the ecosystem. When completed, this trail will connect to downtown Portland.

Oak Nuts Trail – 1 mile. A quiet trail through Oak Nuts Park connects with the new Presumpscot River Preserve.

Stroudwater Trail – 2 miles. This wooded trail follows the winding banks of the Stroudwater River from Stroudwater Village to Hutchins Drive.

PHOTO: PHIL POIRIER



Make a Splash with the Maine-iac Divers Mid-Coast Maine Club

by Leigh-ann Smith

Cold is the first thought that comes to mind when talking about scuba diving in Maine. But for the people who are in the Maine-iac Divers Mid-coast Maine Club, it doesn't seem to put a damper on their enthusiasm for scuba diving. Maine is just one of the many places that they enjoy diving.

These scuba divers are passionate about their sport, and it shows. Patti Cromwell LeClair, who is the president and founder of the dive club, has only been diving for two years but cannot imagine doing anything else. "It's [scuba diving] heaven. It's a high, a fix. It's not like anything else. It takes a lot of work but it's definitely worth it."

Lester Savoie has been scuba diving for nine years and started out as a sea urchin diver. "Since sea urchin diving is seasonal, I looked for something so I could continue diving in the summer, and I got involved with the dive club."

The Club boasts a variety of divers ranging from ages 19-73. They have members at different levels. To become a certified diver, LeClair explains, "You have to be able to dive in 60 feet in open water, not a pool. You have to take a course. I think most courses average \$275 and last for a certain number weeks."

After getting basic certification, advanced diving is the next step. After advanced diving certification, taking courses in specialties is the next step, including but not limited to: wreck diving, drift diving, underwater navigation, night diving.

"Advanced certification then certifies you to dive to 100 feet, with the recreational limit being 130 feet," LeClair adds.

Once a scuba diver is certified in five specialties then Master Scuba certification is granted, with Dive Master being the final level of certification. Upon receiving Dive Master level certification, a person can become a teacher and professional.

The equipment for scuba diving can be very costly, but LeClair points out, "To get certified you only need a mask, snorkel, and fins. You can rent the equipment or buy it after certification." Another piece of equipment useful to divers is "a computer that tells the diver the time he has been down, the depth at which he is at, water temperature, and the

amount of air he has left in his tank."

Weight is also essential equipment for diving in Maine. "Here it is much more cumbersome to dive than to go to Belize or Cozumel. In Belize or Cozumel you wear half the weight since you wear a shortie wet suit, where here you have to get the wet suit down, so you have to have a lot more weight to

get you down," LeClair explains. The other equipment includes an "octopus," which is the apparatus consisting of the tank, compass, air tank and gauge, and an extra regulator in case of emergency. A buoyancy control device is similar to a life jacket, and allows air to be let out so the diver can reach the bottom.

Suits used in scuba diving are referred to as either a wet suit or dry suit. "A dry suit is going to keep you dry, which is very important for diving in colder waters. It allows you to stay down there longer. A wet suit keeps you wet, which is good for diving in warmer waters," adds LeClair.

The Maine-iac Scuba Club started out with eight members. "Currently we have thirty members, but we started out with eight members, after I hung up some fliers to announce the first meeting." Their dives usually average about five group dives a year, along the Maine coast at spots such as Nubble Light, Rachel Carson's, Fort Williams, Land's End at Bailey Island, and Acadia National Park. They have had special trips to other locations like Cozumel, Belize, and the Caribbean. Next year's trip will be to Bonaire.

The Club is also involved with other dive clubs in New England. On September 20, a dive was held in Rye, NH. It was an international clean-up dive with the Coast Guard and local Boy and Girl Scouts helping out. The Club also encourages other activities besides scuba diving. "My husband doesn't dive, but he will go out with us to place flags and kayak while we dive. I know others also have family members who join us and do other activities besides diving."

Diving for the members of the Maine-iac Divers Mid-Coast is more than a sport or a hobby. Club member Sarah Plummer, feels joining the club, "is fun. It's nice to have people educated about diving and understand what you're talking about."

The Club meets once a month at the Curtis Memorial Library in Brunswick. The date changes monthly due to library schedules. The annual fee is for membership is \$15. For more information on the Maine-iac Divers Mid-Coast Maine Club the web site is www.maine-iacdivers.com.

Lester Savoie prepares to dive. PHOTO: CHARLOTTE SMITH



Bear Referendum to End Use of Bait and Hunting Dogs

by Robert Fisk

Maine citizens are now circulating an initiative petition to halt the use of bait or dogs in hunting black bears. The Sportsmen's Alliance of Maine (SAM) is claiming that the initiative is a first step in a march to ban all hunting. I am a lifelong Maine hunter, and I say SAM is trying to scam the people of Maine.

Most hunters consider the use of bait and dogs in hunting bears to be unsporting and inhumane. We are not allowed to bait deer or moose or chase them with packs of radio-collared dogs, and the same fair chase standards should apply to bears.

Just before leaving office last year, former Minnesota Governor and outdoorsman Jesse Ventura was asked for his thoughts on bear baiting, the predominant hunting method in his state. He replied, "Going out there and putting jelly doughnuts down and Yogi comes up and sits there and thinks he's

found the mother lode for five days in a row – and then you back-shoot him from a tree? That ain't sport—that's an assassination."

Ventura had it exactly right. Dumping jelly doughnuts, animal carcasses, rotting fruits, and grease into a 55-gallon drum and shooting a bear while feeding at the garbage site makes a mockery of any sense of fair play or hunting ethics. So does chasing a bear into a tree with a pack of hounds equipped with radio collars and blasting him off a tree limb.

Twenty years ago, bear hunting was not a major money-making enterprise. Then, commercial hunting guides saw an opportunity in selling off our bears to out-of-state hunters. They could virtually "guarantee" the client a "trophy" bear by setting up bait stations and placing the "hunter" in front of the dumpsite. Now, out-of-state hunters, who shoot the unsuspecting bears while they are gorging on the bait piles, kill 80 percent of bears shot in Maine.

There is no need to bait or hound bears. Of the 27 states that allow bear hunting, 18 of them outlaw baiting. Major hunting states such as Montana and Pennsylvania maintain excellent bear hunting programs, and they have long banned bait or dogs. After voters in Colorado, Oregon, and Washington approved ballot measures to ban baiting and hounding, the annual bear kill did not decrease, proving that unsporting methods aren't needed for success.

Interestingly enough, the number of people who took up bear hunting in Colorado, Oregon, and Washington tripled after the baiting and hounding bans went into effect. The surge in the sale of bear hunting licenses generated new revenue for the fish and game agencies – in Oregon, for example, an extra \$400,000 a year.

In the wake of the passage of the Colorado bear initiative, the state Division of Wildlife wrote, "The passage of the 1992

initiative has had no detectable adverse effects on bear hunting or bear management in Colorado. It has shown clearly that a black bear population can be efficiently and effectively managed without recourse to bait, hounds, or a spring season. Hunters have learned to effectively hunt and harvest bears without using these methods and the Colorado Division of Wildlife has seen a significant increase in revenue resulting from increased interest in bear hunting."

Bear baiting is not only unnecessary as a management tool to control populations, but it actually creates the very management problems its defenders claim to lament. Guides and outfitters set up hundreds of bait stations throughout the state, habituating bears to human scents and foods and teaching them that there is a reward in seeking out human foods. This feeding program creates a class of nuisance animals that raid dumps and break into tents, cars, and homes in search of an easy meal. This inevitably promotes interactions that endanger both people and bears.

Bear baiters falsely argue that baiting corrects the problem of nuisance bears because baited animals are shot. The fact is, guides and outfitters bait bears for months, and their clients shoot only some of the bears that visit the bait stations. The bears that feed at the bait stations and that are not shot are the very animals that can cause problems for themselves and for people.

Between now and November, Maine Citizens for Fair Bear Hunting will collect over 50,000 signatures of voters to place the measure on the 2004 ballot. I urge my fellow sportsmen not to be stampeded by SAM and commercial hunting guides into opposing an initiative that seeks to establish responsible hunting standards. Support the initiative to ban cruel and unsporting bear hunting methods.

Partners: Portland Trails, Maine Conservation Corps.
• Larrabee Farm/Libby River Project, Scarborough. \$60,420 to acquire 52 tidal wetlands acres in the Libby River Watershed, part of a 122-acre Scarborough farm purchased to preserve wildlife habitat and water quality in the mudflats. Partners: Scarborough Land Conservation Trust, Camp Fire Boys and Girls, Maine Inland Fisheries and Wildlife.
• Undersea Landscapes of the Gulf of Maine Website - \$11,381 to develop a gulf-wide website with underwater photography to educate people about the issues facing species and habitats that make up the Gulf of Maine watershed. Partners: Maine State Planning Office, Gulf of Maine Aquarium.
• Ferry Beach State Park Land Acquisition, Saco - \$46,000 to help acquire a 5.8 acre lot adjacent to Ferry Beach State Park to provide an additional buffer between State park facilities and residential development. Partners: Trust for Public Land, Maine DOC.
• Scarborough Marsh Trail Guides, \$10,000 for three bilingual nature guides to promote year round educational opportunities. Partners: Maine IFW, Maine Audubon Society.
• Bradbury-Pineland Corridor Project, Pownal. \$64,402 to help protect over 500 acres of land and develop a multi use trail system which will connect Bradbury Mountain State Park to the Pineland Public Reserve Unit. Partners: Pownal Land Trust, Maine Dept. of Conservation.
• Assessment of Factors Endangering the Least Tern, Cumberland, York and Sagadahoc counties. \$29,893 to analyze past breeding success of Least Terns and develop recommendations for future management. Partners: Maine Audubon Society, University of Maine, Maine Inland Fisheries & Wildlife.

Delving Into The Past

by Allyson Hanscom

Let me tell you how I spent my summer vacation—I worked at an archaeological dig in Dresden, Maine. It is an interesting little story of how this came about. I have a degree in Anthropology and have wanted to do something in my field. I searched the Internet and came across several different names. One of them was Dr. Arthur Spiess of the Maine Historic Preservation Commission (MHPC). We corresponded by e-mail and I got the names of people who could be contacted. One Friday night, at the veterinary clinic where I work, Dr. Spiess brought his dog in for an EKG. I didn't know whom he was until after he had left, when one of the veterinarians handed me his card. The next week he came in again for his dog to get an ultrasound. I met him and he said he might have a job in Dresden I could volunteer at. We again corresponded by e-mail and I requested the week off to work on the dig. By July everything was all set and I even became a member of the team.

First, a little background information. The site known as Choice View Farm, or Site 25.50, is located right along the convergence of the Eastern and Kennebec Rivers. The topography and location of the site made it a good choice for archaeological exploration, along with the fact that there are many other prehistoric sites in the area. Last year, they dug 85 test pits and found stone tool fragments dating to Late Paleo-Indian around 10,000 years ago. The discovery of the site is very exciting because there are few prehistoric sites of its age that have been discovered in Maine.

This site is located on state-owned land. The program Land for Maine's Future purchased the land and the Maine Department of Inland Fisheries & Wildlife (IF & W) manages it. MHPC and Friends of Merrymeeting Bay (FOMB) provide funding for the dig. Head archaeologist, Dr. Arthur Spiess and head of the team, John Mosher led the dig. At the Choice View Farm site, digging is done in 1-meter squares, called quadrants, which are then split up into quarter quadrants. Each square is labeled north, south, east and west. Digging is done 10 centimeters at a time with a shovel or trowel if looking for a feature (e.g. hearth or posthole). The first 10 to 30 centimeters are the plow zone or disturbed soil, which is a dark brown. Any artifacts found after those are considered undisturbed. The light gray soil is called the interface.

Mainly what has been found at Choice View Farm are a few hundred flakes, part of a scraper, bone, nails, glass and brick

and a lot of charcoal, which is due to burning down trees to clear the field.

The Choice View Farm site is the location of a tool-making workshop. What is primarily found at the site is debitage, also known as "the byproduct of stone tool manufacture and maintenance" (Choice View Farm, Dresden Archaeological Testing for Land for Maine's Future Board).

The dirt is shoveled, placed into buckets and then screened for artifacts. Shoveling is backbreaking work, especially if you don't do it right. Screening is more satisfying because you find more flakes.

In one square I worked on, we found a fire-burned flake and a few fire-cracked rocks (FCR). We were hoping to find a hearth but were disappointed. In another square calcined (burnt) bone fragments were found.

Flakes are made from a few different types of rock: Kineo rhyolite (light gray color with spots), Mount Jasper (striped stone from Mount Jasper in Berlin, NH), crystal quartz (local) and chert (black or gray in color, possibly Munsungan from Northern Maine).

		N		
	1	1	1	1
W	2	2	1	1
	X	X	2	1
	X	X	2	1
		S		
				E

Flake densities determine whether to keep digging in the same area and in which direction to expand. Above is a fabricated example of what a flake count can look like. The numbers denotes numbers of flakes found and the x indicates a large flake.

If you are not sure if something is really a flake, there is always the "taste test." You take the suspect flake, put it in your mouth to clean it and you can see if what you have is indeed a flake. You'll end up with dirt in your mouth, but are usually rewarded for your sacrifice.

The artifacts that are found are brought to the lab. They are then mapped and analyzed. After they have been properly catalogued, they are kept in a state museum.

Every day begins with the setting up of the site. The shovels and buckets are taken out, the screens are set up and the

tents are put back on their poles. Everyone reviews their notes and gets paired up. Squares are assigned and the digging begins. At the end of the day everything is put back away and the tents and screens are taken down. Everyone is covered in dirt and looking forward to a long, relaxing shower.

The weather every day of the dig was hot and humid. Most days were overcast, except one where the sun was beating down on us, relentlessly. Some days the wind would come off of the river and cool us off. Other days we had a thunderstorm, one with hail.

Break times were spent in the shade, fighting off the yellow jackets. Snacks were provided by Kent, the next door neighbor. A lot of people brought chairs so they wouldn't have to sit on the ground.

Each day there was at least one dog on site. Allie, a Golden Retriever, belonged to Ed from FOMB. Maxine was the owner of Tish, a mixed breed. Sasha, a husky, was owned by Kent. The presence of each dog added the feeling that this was not really work we were doing.

Members of the team I worked with were Jim and Ryan, teacher and college student respectively, Maxine and Vicki, a mother and daughter team and Kaare, a citizen of Denmark.

Along with the members of the team, there were a number of volunteers each day. A couple from Massachusetts had done digs every summer. There was a college student who had never been on a dig before and was enthusiastic about everything. There were people who hadn't done digs in 20 years and others who had every year for twenty years. Each had a connection to archaeology, whether it was past or present.

The dig in Dresden was definitely a learning experience—it is something that everybody should do at least once. I plan on many more digs in the years to come as I work towards a master's degree. Archaeology is backbreaking work but it is fulfilling. If you are planning for a career in archaeology, you should know that in a climate like Maine, it is only a seasonal job.

All information provided by the site survey written by John Mosher and Dr. Arthur Spiess along with the MHPC. To find out more about archaeology and how you can become a member to the Maine Archaeological Society go to www.mainearchsociety.org/main2.html. See page 20 for more photos.



Maine Outdoor Heritage Program Offers a Winning Ticket

Proceeds Benefit Outdoor Recreation, Conservation and Wildlife

by Linda Frechette

Hiking trails, loon studies, state park facilities and gun safety for kids—these are but a few of over 300 projects supported by Maine's Outdoor Heritage Fund, a state program that awards grants to conserve Maine's special places, endangered species and wildlife habitats with proceeds from an instant lottery ticket. Maine is one of only three states in the nation to support its natural resources with lottery proceeds, yet few Mainers know about the 'outdoor' ticket and its benefits. All other lottery proceeds go to the state's General Fund.

"If you buy lottery tickets, or would like to play even occasionally, the Outdoor Heritage instant scratch ticket is a great option," says spokeswoman Jo D. Saffier. "The Outdoor Heritage ticket offers the same 1 in 4 odds as any other lottery ticket, with the added benefit of supporting Maine's outdoors which is so much a part of the state's heritage."

The Outdoor Heritage lottery ticket was established in 1995 as an additional source of funding for outdoor projects that could not be funded due to limited state resources. Since it began, grants totaling over \$10 million have been awarded to more than 300 deserving projects throughout Maine.

The program has also encouraged unique partnerships between many public and private agencies that have collaborated to apply for grant funds—from the Audubon Society and the Sportsman's Alliance of Maine, to towns and cities from Kittery to Fort Kent.

Tickets can be purchased at most convenience stores and other locations that carry state lottery tickets. The lively and colorful ticket designs change every few months, but all say

"Maine Outdoor Heritage Fund" and "Proceeds to Wildlife and Conservation."

Non-profit organizations, towns and municipalities interested in applying for a grant can do so twice a year in partnership with one of the state's several natural resource agencies. The next deadline for project proposals is March 1, 2004. To learn more about how to apply for a grant, call 688-4191 or visit the Outdoor Heritage website at www.state.me.us/ifw/outdoorheritage.

A Sampling of Local Projects funded by the Maine Outdoor Heritage Instant Lottery Ticket:

- Fore River Trail, Portland. \$35,327 to fund the design, layout and construction of a one-mile gravel trail for recreation and conservation education along the Fore River near downtown Portland. Partners: Maine Conservation Corps, Portland Trails.
- Smelt Hill Dam Removal and Presumpscot River Restoration, Falmouth. \$50,000 to restore and enhance the fish run habitat and spawning grounds on the Presumpscot River through the acquisition and removal of the Smelt Hill Dam. Partners: Coastal Conservation Association, Army Corps of Engineers, Maine Dept. of Marine Resources.
- Community Strategies to Improve the Bay - \$22,732 for presentations specific to each of the twelve coastal towns of Casco Bay outlining specific actions for each community to protect water quality. Partner: Friends of Casco Bay, Maine DEP.
- Presumpscot River Preserve Trail Network - \$39,408 to help fund the design, layout and construction of a multi-use trail on the Presumpscot River Preserve, a 48 acre parcel in Portland which includes 3,500 of river frontage.





1



2



3

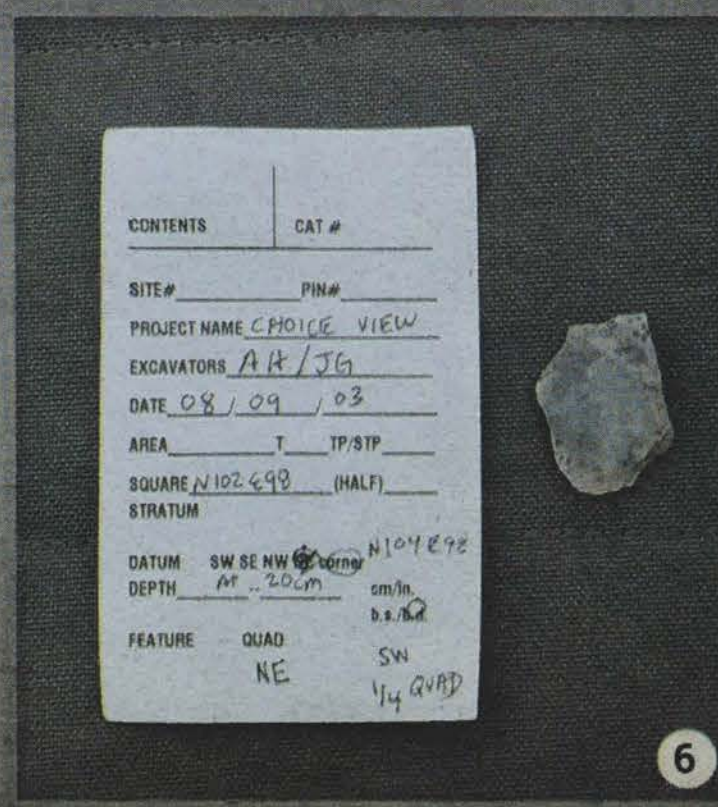


4

Photography by Allyson Hanscom

Fragments from the Past

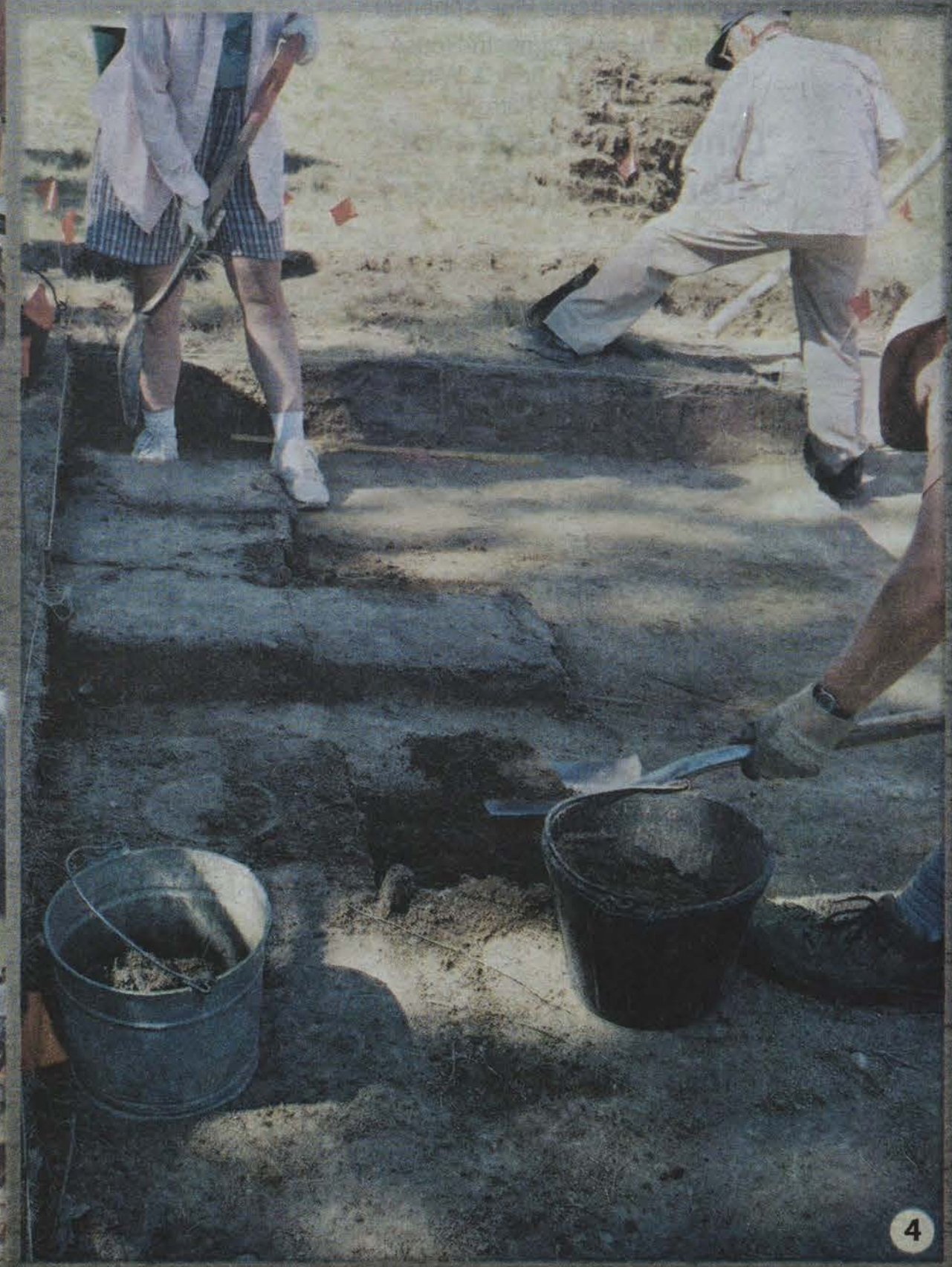
1. Ed (right) from Friends of Merrymeeting Bay with Allie.
2. Volunteers and team members hard at work.
3. A hard-earned break.
4. The fine art of shoveling.
5. A volunteer going to a screen.
6. A good-sized flake of rhyolite.
7. Kent screening for artifacts.



5



6



7

CONTENTS	CAT #
SITE#	PIN#
PROJECT NAME CHOICE VIEW	
EXCAVATORS AR/JG	
DATE 08/09/03	
AREA T TP/STP	
SQUARE N 102-498 (HALF)	
STRATUM	
DATUM SW SE NW 4104242	
DEPTH M 20.0m	cm/in
FEATURE QUAD SW	NE 1/4 QVBD



Sengchai
Thai Cuisine
Authentic Taste of Thailand

•New Location•

Look for the Big Green Sign
One mlnute North
beyond Rite-Aid Pharmacy

Lunch Special \$6.50
Choice of Three Items Plus Appetizer
Private Parties & Events In-House
Extensive Menu • Beer & Wine
Seating 10-50 Patrons
Dine-In or Take-Out
Catering and Delivery

Open seven days a week 11 AM to 10 PM
803 Forest Ave. • Portland, Me. 04103 • Tel: 773-1001

Restaurant row

<p>American</p> <p>THREE DOLLAR DEWEY'S 241 Commercial St, Portland. 772-3310. WOODY'S BAR & GRILL 43 Middle St, Portland. 253-5251. www.woodysburgers.com. THE BREAKAWAY 32 India St., Portland, ME. 541-4804. PUNKY'S 425 Forest Avenue, Portland, ME. 774-2091.</p> <p>Asian/Chinese</p> <p>ORIENTAL TABLE 106 Exchange St. (top of the Old Port) Portland. 775-3388, Fax: 772-3388. WOK INN 1209 Forest Ave, Portland. 797-9052 or 797-9053.</p> <p>Barbeque</p> <p>BEALE STREET BARBEQUE & GRILL 90 Wadsworth Drive, South Portland. 767-0130.</p> <p>Café</p> <p>FRIENDSHIP CAFE 703 Congress St, Portland. 871-5005. THE WINE BAR & RESTAURANT 48 Wharf St, Portland, ME. (603) 625-6426.</p> <p>Delicatessen</p> <p>FULL BELLY DELI Pine Tree Shopping Center. 772-1227.</p>	<p>Eclectic</p> <p>100 CONGRESS 775-7772. THE ALEHOUSE 30 Market St, Portland's Old Port. 253-5100. AURORA PROVISIONS West End at 64 Pine St. 871-9060. BIBO'S MADD APPLE CAFE 23 Forest Ave. CLAYTON'S GOURMET MARKET, CAFE & BAKERY 189 Main St, downtown Yarmouth 846-1117. DAVID'S CREATIVE CUISINE Monument Square. 773-4340. GRAVITY 486 Congress Street. GREAT LOST BEAR 540 Forest Ave, Portland. 772-0300. MAINE BEER & BEVERAGE 79 Commercial St. 828-BEER. PAT'S GROCERIA CAFE 484 Stevens Ave, Portland. 874-0706. PEPPERCLUB 78 Middle St, Portland. SILLY'S 40 Washington Avenue, Portland. 772-0360.</p> <p>Pizza</p> <p>PORTLAND HOUSE OF PIZZA 1359 Washington Ave, Portland. 797-9030. www.portland-pizza.com.</p> <p>Japanese/Korean</p> <p>FUJI Sushi Bar and Steakhouse. Serving Portland since 1987. Freshest sushi bar with traditional Japanese food and seating. Tatami dining tables. Friendly atmosphere. Only restaurant in Old Port serving hibachi (Japanese Steak) and Korean Food. 1-207-773-2900</p>
---	--

<p>Japanese/Korean</p> <p>BENKAY 2 India St, Portland (India at Commercial). 773-5555. OISHII JAPANESE FOODS Portland Public Market. 25 Preble St, Portland. 228-2050. NARA SUSHI NEW 50 Maine Mall Road, South Portland. 772-0006 or Fax 772-4440.</p> <p>Mexican</p> <p>AMIGOS 9 Dana St., Portland. 772-0772. GRANNY'S BURRITOS 420 Fore St. 761-0751.</p> <p>Seafood</p> <p>J'S OYSTER 5 Portland Pier, Portland. 772-4828. 92 Commercial St., Portland. 871-5636.</p> <p>Steakhouse/Seafood</p> <p>MOLLY'S STEAKHOUSE & IRISH PUB Specializing in choice sirloin steak, prime rib, and Shepherd's Pie. Molly's is an Old Port favorite. Serving hearty pub fare including Molly's Mile High Reuben. Molly's accepts most major credit cards. 46 Market St., in the Old Port, Portland. 761-4904.</p> <p>Thai</p> <p>JASMINE Authentic Thai Cuisine. The best Thai dishes in Town. Open 7 days a week 11am - 10pm. Beer & Wine. Vegetarian. Available for parties. 40 Portland St. 773-9833 or Fax 773-8399 Located in Downtown Portland SENGCHAI THAI CUISINE Authentic Taste of Thailand. Extensive training in Bangkok culinary school. Unique homemade recipes including Hormak Salmon - Pla Choo Chee - Kang Khua Sapporarat with mussels. See next page ad for more details.</p>	<p>Thai</p> <p>THAI TASTE Distinctive Thai Cuisine. Rated ★★★★★ for Food, Atmosphere & Service by Portland Press Herald. Winter Hours: Lunch: Mon-Sun 11:30-2:30pm; Dinner: Sun-Thurs 4:30-9pm; Fri & Sat Hours: 4:30pm-10pm. 435 Cottage Road, South Portland. Across from Portland Theater. www.thaitastemaine.com. 767-3599.</p> <p>Vegetarian</p> <p>LOIS' NATURAL MARKETPLACE DELI & CAFE 152 US Route 1, Scarborough. 885-0602.</p>
---	---

**Want
our readers
to see
your place in
Restaurant
Row?**

**Contact J.D.
to find out how!
775-6601
cbwjda@maine.rr.com**

the BREAKAWAY
the Maine Songwriters Showcase

OPEN FOR LUNCH
GREAT FOOD!

Patio Seating
&
Food From
the Grill

Mon-Fri
Noon-4pm

Live Music
Every Wednesday

Open Mic
7:30 - 9:00
Sign up @ 7:00
www.MESongwriters.com
meSongwriter Talent
9pm - 12am

Free Pool
Every
Weekend

SHOOT SOME POOL
SATURDAY - 'TIL 6PM
SUNDAY - ALL DAY!

35 INDIA ST, PORTLAND
541-4804



FUJI
Japanese Steakhouse & Sushi Bar

Taste and see the difference

**SUMMERTIME
HIBACHI EXPLOSION**
and a Sushi lover's dream

29 Exchange St. 773-2900
Call for Reservations
Parking validated at Fore St. Garage

Joe Lembo
Personal Coach

(207) 653-9266
j5lembo@yahoo.com

Job • Personal Goals • Other



Ocean Gardens
Family Restaurant

Rt. 25
390 Main Street
Gorham, Maine 04038
839-7651

Triple
Lobster Dinner
\$21.95
All Day with
salad bar



Saeng Thai House
(Authentic Fine
Thai Restaurant)

Truly Unique
Dining and
TakeOut

Open 7 days a week
Sun-Thurs. 11am-9:30pm
Fri-Sat. 11am-10pm

267 St. John St. Portland, ME
Tel: (207) 773-8988, Fax: (207) 773-4490

MOLLY'S
Customer
Appreciation Night

Every Monday
2 Entrees —
For the Price of 1*
**Regular Menu Items Only*

Lots of Great Food in a Fun Atmosphere
Now Open 7 days a week!!

MOLLY'S
Steakhouse & Irish Pub

46 Market St, Portland • 761-4094 • Mon-Sat Open at 4pm • Sun at 9am



Jasmine
Authentic Thai Cuisine

**LUNCH COMBO SPECIALS
EVERYDAY!**
Only \$6.95

Choice of Three Items
Includes FREE Soda and Soup of the Day

Beer & Wine
Lunch and Dinner Daily
Dine-in • Take-out • Delivery • Catering

OPEN SEVEN DAYS A WEEK
11 AM - 10 PM
40 PORTLAND ST. • TEL 773-9833 • FAX 773-8399

Bleachers 334 Forest Ave
Portland • 772-9229
www.bleachersportland.com

**RESTAURANT
& PUB**

Saturdays
ESPN Game Plan — College Football

Sundays
NFL Sunday Ticket
New England @ Washington 9/28 at 1 pm

Mondays (3pm-Close)
Two for One Chicken Wings
Live Trivia with Laura - 6:30pm

QB1 - National Trivia Network
Test your Interactive Play-Calling Skills
Come down and have some fun!

THE Daily GRIND

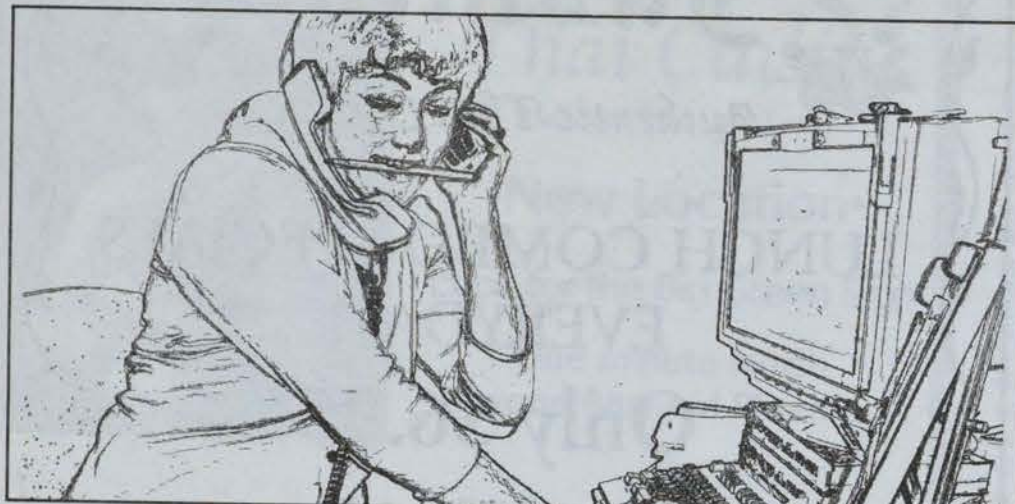


ILLUSTRATION: MICHAEL POLISKEY

Can't you see I'm busy?

by Martin James

When last we met, I described my dear wife's rule for ensuring that when her friends visit her in our home, they aren't insulted when I abruptly leave the room when I—to employ an old military term—see the whites of their eyes. This is accomplished by application of the "Courtesy Moment," a directive requiring that I remain in the room with my wife and her visitor for a brief period of time before excusing myself with a reasonable and believable excuse.

I've promised not to reveal too much about the visitors my wife regularly welcomes to our home, lest some of the more sensitive among those friends be offended or upset should they accidentally read my words. But there is one in particular lady who must be singled out so you will understand that I am not a cruel and heartless man who flees the presence of every one of my dear wife's friends without just cause or valid reason.

Her name is Winonna—I think of her as Winnie the Whiner—and she visits at least twice a week. It is a testament to my wife's patience and pacific nature that these intrusions seem to actually invigorate her while infuriating me.

My problem with Winnie the Whiner is her constant insistence that she is the busiest human being who has ever lived. "If you looked up 'busy' in the dictionary," she is fond of saying, "you'd find a picture of me!" (I once thought but knew better than to utter aloud: "If I looked up 'dud, dope and donkey,' I'd find your picture there.")

Whenever Winonna darkens our doorway, the first words from her mouth are, "I can't stay long—I'm straight out, swamped—if I don't get back to the office, goodness knows what will happen."

Accompanying the exclamation of Winnie's awful busy-ness is the deepest and saddest sigh that ever escaped human lips. It is a sigh usually reserved for the remembrance of the loss of fortunes or the misadventures of one's wayward children.

When this dullard first became my wife's friend and began to visit, I was amused by her insistence that her presence was indispensable. Once, I said with a grin, "Surely, the office can do without you for an hour..."

The Whiner cut me off with an outburst of questions: "An hour? Do you know what can

happen in an hour? Have you any idea how much business those people could lose in 60 minutes without me? Is there any way for me to make you understand what I do for that company? Have you lost your mind?"

After first glancing at my wife and seeing that she too was grinning, I attempted to answer the angry barrage.

"To answer your last question first, Winonna—I have not lost my mind, though it takes longer to find it some days. But to address the possibilities of what can happen in an hour would be a wonderful adventure for me..."

A glimpse of my dear wife's face as I spoke to Winnie indicated that my "Courtesy Moment" had ended and it was time to offer my excuse for departing.

"Well, Winnie, it's been wonderful whiling away these few moments with you," I said sweetly, "but I've got to sharpen my hammer—we're adding a room in the basement, you know."

It was this excuse that prompted a revision of the "valid reason" clause of the "Courtesy Moment" rule. It was this visit by Winnie the Whiner that caused the word "believable" to be added to the list of attributes my excuses must have.

While Winonna continues to visit my wife, I had to encounter her just one more time. About a week after the visit I've just described, the busy biddy returned and the following exchange occurred between us:

"Good afternoon, Winonna. Will you be staying or are you too busy saving the world?"

"You don't know what busy is, you lazy old fool."

"Sure I do. To be busy is to be engaged in activity, to sustain much activity, to be industriously occupied in the..."

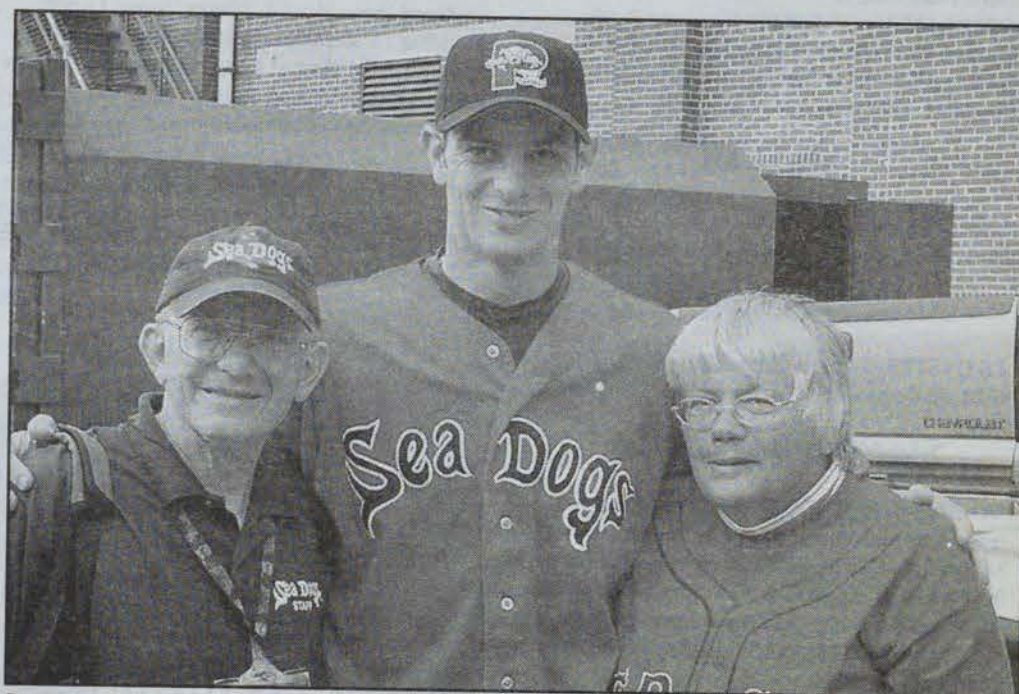
I cut myself off at that point, since my wife's glare indicated that those words surely be the last words out of my mouth anyway. Besides, Winonna had gotten the point and was shaking all over like Jell-O in a wind tunnel.

"I'm going to the barn to milk our cow," I said.

Placing her hands on her hips and curling her lips, Winonna said with disdain, "You liar! You don't have a cow."

"No I don't, Winonna. But I don't want to be here with you, so any excuse that gets me out of the room is reasonable and believable."

press box



Sea Dogs center fielder Jeremy Owens is flanked by Jimmy "The Sweep" Knowlen and Jackie Mitchell. Jackie and her husband David have had season tickets at Hadlock from Opening Day, 1994. PHOTO: TOM KEENE

Season Continues for Five Sea Dogs

by Tom Keene

Five of this season's Portland Sea Dogs will be playing in the Arizona Fall League, beginning on September 30. Considered the pinnacle of minor league baseball, some 60 percent of those who play

in the AFL reach the big leagues.

Jeremy Owens, Tony Schrage and Kelly Shoppach will be joined by pitchers Charlie Zink and Jerome Gamble. They will play for the Mesa Desert Dogs, which also has players from the Indians, Pirates, Phillies and A's.

New Sea Dogs Family Member

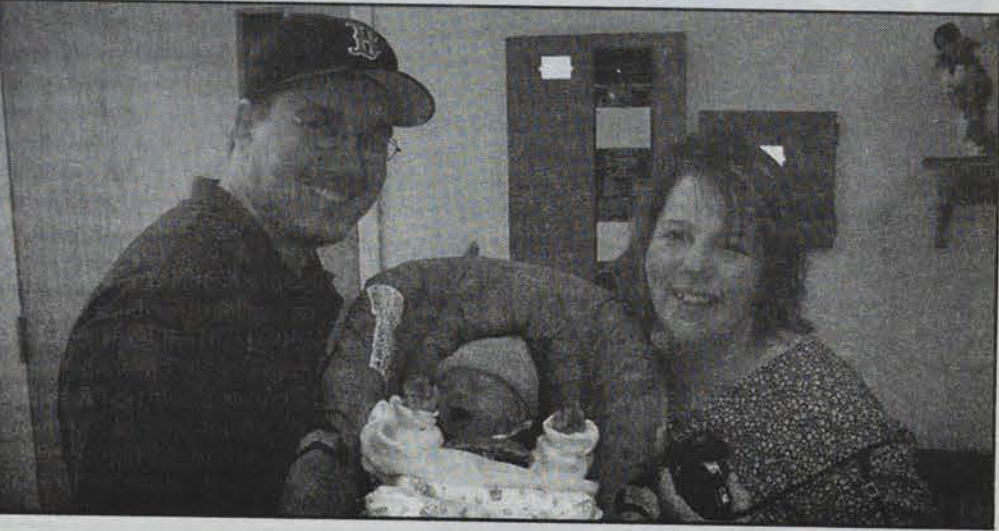
by Tom Keene

Most Portland Sea Dogs fans know who Jim and Kelli Heffley are, if not by sight, surely by name. Jim is the team's Assistant General Manager and Kelli is the Director of Promotions.

Next season, the couple will be accompanied by the pitter-patter of little feet in the person of their newborn son, John Edwin "Jack" Heffley, who was born at 6:52 a.m. on Saturday, September 13. Jack weighed eight pounds, two ounces; no height was available, nor whether the new addition to the family is a lefty or righty.

Jack's birthday will always be memorable, even when he gets to that age when candles on birthday cakes create fire hazards, for a lot of important baseball events took place on September 13 through the years. Since the Sea Dogs haven't played on a 9/13, we'll have to look to the big leagues for examples.

Jim, "Jack," and Kelli Heffley, Jack's parents are employed by the Portland Sea Dogs. Jack will have to wait at least 16 years to follow in their footsteps. PHOTO: COURTESY OF THE SEA DOGS



Movies

Be sure to check out Movie Times & Local Theater Info on our website cascobayweekly.com/cbw2003/movies

Now Playing

Once Upon a Time In Mexico

This movie runs 102 minutes and is rated R for strong violence and for language. I rate this movie, the third in Robert Rodriguez's "Mariachi Trilogy," with four out of five stars.

by Andy Keene

In 1992, Robert Rodriguez began his career with *El Mariachi*, an inventive action/western about a guitar player who is mistaken for a dangerous criminal and forced to defend himself. The impressive thing about *El* is that it was a full-blown action movie, complete with machine guns and exciting stunts, all shot for a measly \$7,000. Then, in 1995, Rodriguez made his even-better sequel, *Desperado*, for \$7 million, still a small amount for a studio-produced movie. The sequel starred Antonio Banderas as the mariachi, and again Rodriguez made the most of his limited budget and created an imaginatively stylish and exhilarating celebration of supercool violence. These movies have been criticized for being mindless and gratuitously violent, but I believe that to criticize them that way is to miss the point. In a Robert Rodriguez movie, it's all about simple thrills and excitement—and dazzlingly-constructed action set-pieces packed with cinematic ideas so outrageous that I imagine Rodriguez was rubbing his hands together with maniacal glee as he devised them. It's the story that's gratuitous.

Since *Desperado*, the director has gone on to make such movies as the serial killers vs. vampires action flick *From Dusk Till Dawn*, and the family-friendly but entertaining *Spy Kids* series. Now he returns with the third entry in his "Mariachi Trilogy," *Once Upon a Time In Mexico*. Banderas, Salma Hayek, and Cheech Marin return from *Desperado*, and the cast is joined by Johnny Depp as eccentric CIA agent Sands, Mickey Rourke as Billy, an American criminal in exile in Mexico, Willem Dafoe as a sleazy gangster, and many others. Rodriguez shot the movie on High Definition digital video in 2001 as a test feature after fellow tech-geek George Lucas introduced him to the technology.

As research, I went back and watched Rodriguez's inspiration

and the source of Mexico's title, Sergio Leone's 1969 spaghetti western masterpiece *Once Upon A Time In The West*, starring Henry Fonda as evil assassin Frank and Charles Bronson as "Harmonica," a taciturn hero in the Man-With-No-Name mold, and the forerunner of Banderas' "El." At first, I was struck by the differences between the two movies. But now I believe that they have more in common than was immediately apparent.

In *West*, Leone spent roughly three hours (as opposed to Rodriguez, who has never made a movie over two hours in length) telling a simple story in an innovative and fascinating way—by almost completely ignoring it. Instead of expository scenes of dialogue and plainly-presented information, Leone focused his attention on a series of nearly self-contained set-pieces. I suppose he figured that the story would reveal itself in time, and that that was good enough. These very long scenes, carefully constructed one elaborate shot at a time, sometimes test the viewers' patience but are ultimately rewarding and add up to a powerful experience.

Rodriguez directs like Leone with Attention Deficit Disorder. In *Mexico*, he displays a similar lack of interest in simply presenting information to the audience and instead jumps into a series of clever and dynamic scenes. This movie is positively giddy with energy. Looking back, I can't recall any scenes of straightforward exposition, just an hour and forty minutes of tightly-strung-together scenes of violence. And not strictly action-violence—the conversations between characters are just as violent as the gunfights.

Take as an example a scene where Depp's character, Sands, meets a retired FBI agent, Jorge (played by Ruben Blades) in a café and tries to lure him into the action of the story. Sands has some work for Jorge, who declines the invitation to become involved. Then Sands points to two men sitting at a table behind them and mentions that they are the ones responsible for torturing and killing Jorge's former partner and friend. The criminals have escaped capture for years and now they are sitting, unaware, in the same restaurant! Now, Sands asks, is Jorge still retired?

Unlike the first two Mariachi movies, *Mexico* is not centered around Banderas' character. To be honest, I'm not sure who is a good guy and who is a bad guy—all the characters find themselves caught up in a situation that is bigger than all of them. "El," our "Man-With-No-Name," may not be a good guy, and he may have less personality than, say, Sands, but in a

movie where every other character is motivated by personal greed and/or political ambition, revenge seems like a relatively noble pursuit.

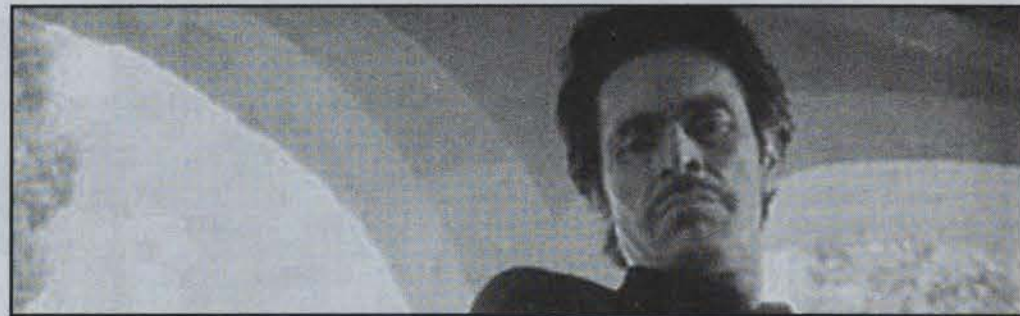
Essentially, the plot goes like this: Mexico's good President (played by Pedro Armendariz) is about to be overthrown by the ruthless General Marquez (Gerardo Vigil). The General is supported by Barillo (Willem Dafoe), a weapons-supplier who is being hunted by the CIA. In return, Marquez is helping Barillo fake his death and start a new life. Sands, the CIA agent, attempts to manipulate the action by hiring the Mariachi to kill Marquez, but only after he succeeds in removing the President from power. The Mariachi accepts the assignment, but only because Marquez was responsible for the murder of his family. So he enlists some drunken mariachi/assassin buddies ... oh, I don't know.

Actually, I'm not sure if the story makes any sense at all. But at the time, I followed it well enough to follow the action. In a way I enjoyed the convoluted plot—it was like Rodriguez thumbing his nose at the critics who said *Desperado* was "all action, no story." *Mexico* has enough plot—complete with shocking developments and double-crosses—for the whole trilogy, and it's still all about the action.

Rodriguez himself, *Once Upon A Time In Mexico's* writer/producer/director/editor/cinematographer/composer/production designer/visual effects supervisor, is the most diabolical manipulator in the movie, and we never see his face. His action scenes go past the point of being unbelievable into the realm of the ridiculous, but I didn't realize just how ridiculous they were until after the movie ended and I stopped to think about it. For the length of the movie, he pulled it off. I expect inventive, dynamic action scenes from every new Rodriguez flick, but this time he has out-done himself. I remember especially fondly a scene where Johnny Depp, dressed all in black, deprived of the use of his eyes, gets into a blind gunfight and aims his pistol by hearing his opponent's laughter! In another scene, Banderas and Hayek wake up in bed to find that their wrists are chained together and that they are being fired upon by machine-guns. They escape from a fifth-story window by swinging each other from balcony to balcony, one story at a time, all while dodging bullets. This is good stuff.



Star-studded and action packed. PHOTOS: COLUMBIA PICTURES



Bad enough action to make a man cry blood.



quality time

Funny bone

Jokes & Riddles

Jokes about Boys

What happened when the wizard turned a naughty boy into a hare?
He's still rabbiting on about it!

Did you hear about the boy who wanted to run away to the circus?
He ended up in a flea circus!

Did you hear about the boy who saw a witch riding on a broomstick?
He said, "What are you doing on that?"
She replied, "My sister's got the vacuum cleaner."

1st Boy: Are you having a party for your birthday?
2nd boy: No, I'm having a witch do.
1st Boy: What's a witch do?
2nd Boy: She flies around on a broomstick casting spells.

What's the matter son?
The boy next door said I look just like you?
What did you say?
Nothing, he's bigger than me!

Why did the boy take an aspirin after hearing a werewolf howl?
Because it gave him an eerie ache.

A little boy came running into the kitchen. "Dad, dad" he said, "there's a monster at the door with a really ugly face."
"Tell him you've already got one," said his father!

Why was the boy unhappy to win the prize for the best costume at the Halloween party?
Because he just came to pick up his little sister!

Jokes about Girls

What happened when the girl dressed as a spook left the Halloween party?
No one moved. They couldn't stir without her.

First witch: My, hasn't your little girl grown?
Second witch: Yes, she's certainly gruesome.

Two girls were having their packed lunch in the schoolyard. One had an apple and the other said, "Watch out for worms won't you!"
The first one replied, "Why should I? They can watch out for themselves."

Teacher: I'd like you to be very quiet today, girls. I've got a dreadful headache.
Mary: Please, Miss! Why don't you do what mum does when she has a headache?
Teacher: What's that?
Mary: She sends us out to play!

How does a blonde kill a fish?
She drowns it.

Jane: Do you like me?
Wayne: As girls go, you're fine and the sooner you go the better!



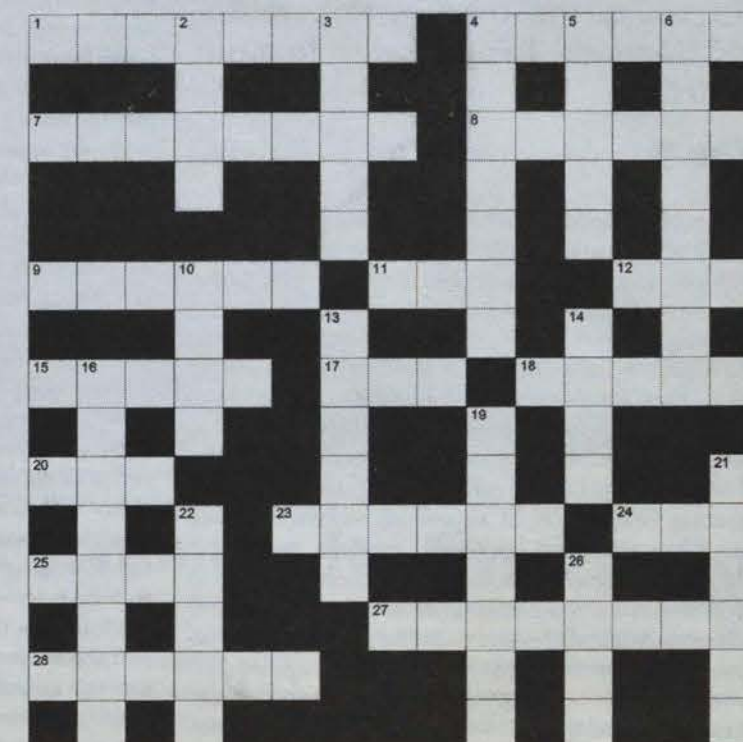
ILLUSTRATIONS ART TODAY



A big part of the way life should be is sharing time with others. Kids discussing what's up at school with their parents, co-workers sharing a joke, chatting with a stranger in the checkout line—that's building community, one moment at a time. Towards that end, we devote a page every issue to humor & puzzlers for all ages. We hope you'll share them with whoever's sitting across from you as you read this—whether it's your son or daughter or the guy at the bus stop.

Red Sox Past & Present

Something to keep you busy while waiting for the Wild Card to be decided.



ACROSS

- 1 Joe Cronin married his DC Team Owner's daughter
- 4 Copy
- 7 Won '81 AL batting title
- 8 Field, Sox home in 1915-16 Series
- 9 Former Sea Dog who now shares OBP record with Youkilis
- 11 Long Islander who owned Fenway field-not for spuds
- 12 Pitcher Sam Jones nickname
- 15 Bit Lazy, say some
- 17 French Friend
- 18 Stringed instrument; "Sweet Music" lefty
- 20 Pitcher Hughson
- 23 Royal Rooters sand this in '03 Series
- 24 Tiant won _____ games in '75 Series
- 25 1,451 RBI's
- 27 Splendid
- 28 His hit won Game 7 in '46

DOWN

- 2 '68 Rookie of the Year from Boston
- 3 Outs, strikes, bases
- 4 Embellish
- 5 Comeback player for Sox in '72
- 6 "Fear Strikes Out"
- 10 '75 Rookie of the Year and MVP
- 13 Played in Portland two games-now solid for Sox
- 14 "Impossible Dream" SS
- 16 Junior Circuit
- 19 Maryland birds
- 21 Former Yank; gave up Dent's '78 HR
- 22 Has record for Sox rookie hits
- 26 Shammua's Father, Biblical name

Answers to last week's puzzle



CBW
© 2003 Maine Publishing

Contests

Send your original photography, artwork and writings (articles, poetry, stories, etc.) along with your name, address, telephone number and a simple letter authorizing CBW to publish your submission. Each week, our staff will pick their favorite and we will publish it in our paper with your name! You'll also receive a prize for your efforts. Send your submission to: Contest Department, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 (please include a SASE if you want your submissions returned) or e-mail to: cbwdir@maine.rr.com.

POETRY:

PHOTO BY: LINDA MORRIS OF BUXTON



Recalcitrant Sea

By Andrea Kennett of South Portland

Would that you return to me
items of great affect?
My Heirloom necklace or
the gift from Dad or
my dog's new collar or
the wedding band so nimbly slipped.

I doubt it much
but I still I look...
for something...
half-hidden in the sand.
A hapless fool no doubt.
You would not change your plans.

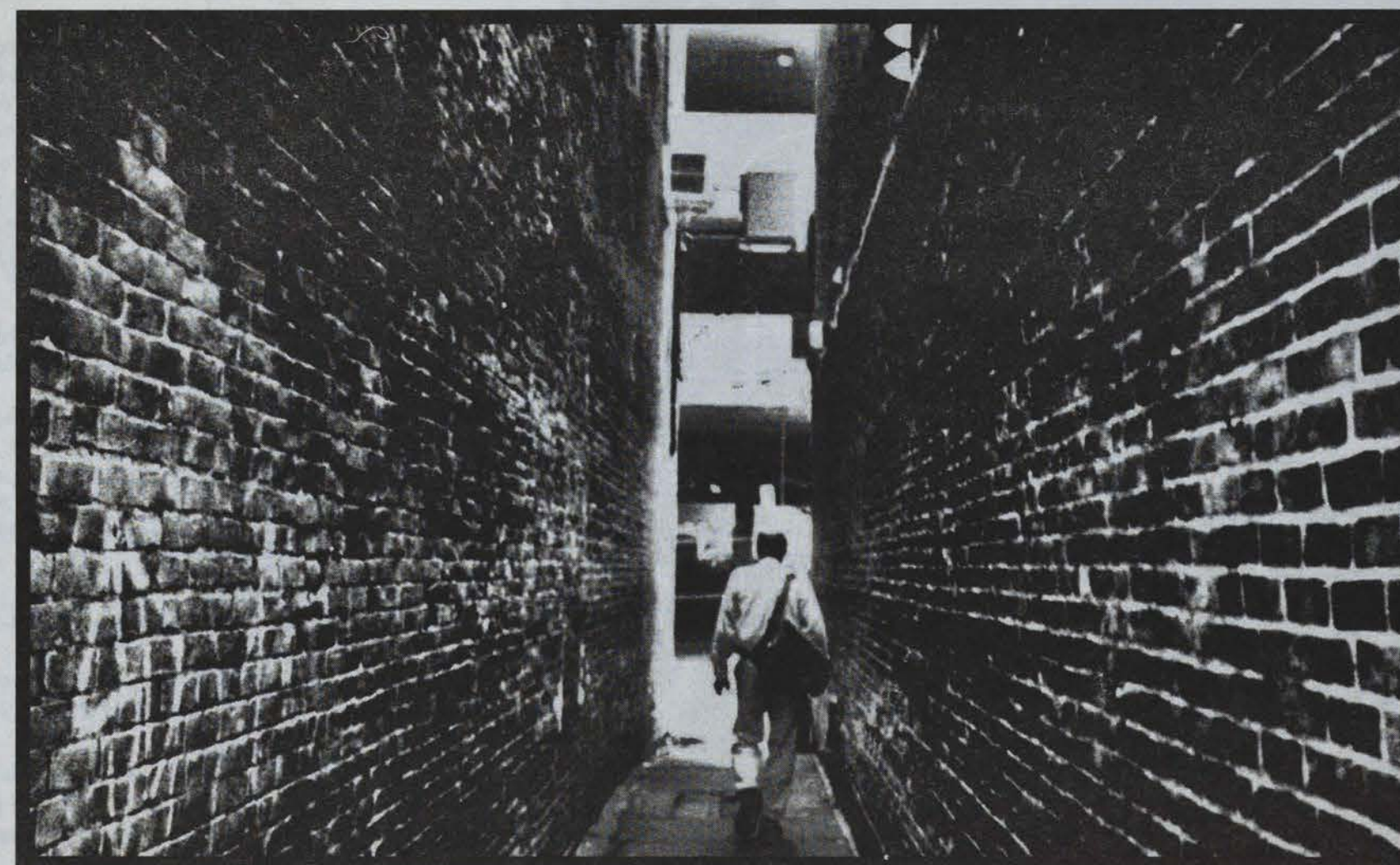


PHOTO BY: PETER COLTART OF BRUNSWICK

JERK CHICKEN FISH & CHIPS FAST ABDULLAHS PIZZA SHAKES BURGERS & FRIES

Silly's

40 Washington Avenue
Portland, Maine
(207) 772-0360

Evening Delivery Tuesday through Saturday
to Portland and Falmouth Foreside

"As far as we can discern, the universe is a very SILLY place." A. Einstein

calendar 9.25 to 10.01.03

Submissions to the calendar must be received in writing by the Thursday two weeks prior to publication. Send your listings to Calendar, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101, or e-mail: listings@maine.cc.com.

Thursday, September 25

Nature Writing Talk, explore the roots and results of the nature writing tradition in a free talk presented by Dr. Owen Grumbling, 7 pm, Wells Reseve at Laudholm Farm. 646-1555.

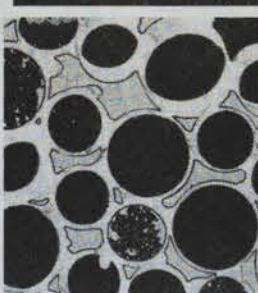
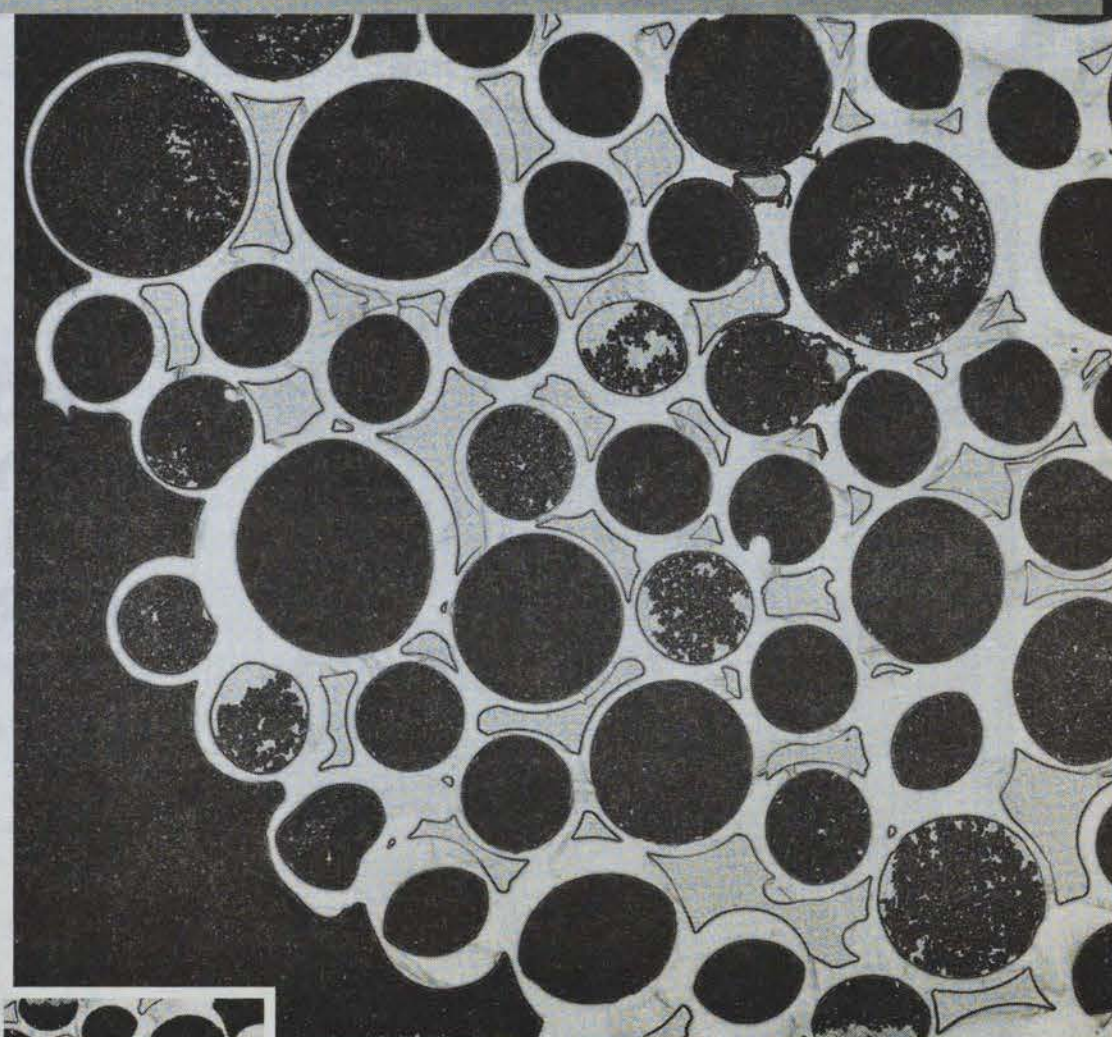
Alix Olson, 7:30 pm, spoken word artist, poet and activist performs at the Chase Hall Lounge, Campus Avenue, Bates College, Lewiston.

An Evening With Adrienne Rich, 7:30 pm. Poetry reading and discussion at the Memorial Hall, Pickard Theater, Bowdoin College, Brunswick. 725-3257.

Surf Movie Nights, *Gidget*, 6pm, The Saco Museum, 371 Maine Street, Saco. 283-3861. The Saco Museum will presenting movies with a surf theme each Thursday through December 19.

The Disembodied Spirit, Bowdoin College Museum of Art, examines the social and cultural circumstances in which ghosts have entered public discourse and have been rendered in images, now through December 7. 725-3275.

A Solitude of Space: The Paintings of Thomas Crotty. Crotty's paintings are known for careful and timeless observation of Maine light. Showing through January 4, 2004 at the Portland Museum of Art, 7 Congress Square, Portland. 775-6158.



Friday, September 26

Japanese noh drama, demonstrated by professor and scholar Stephen Comee, 8 pm, Olin Arts Center Concert Hall, Lewiston. 786-6195. Japanese "noh" is the oldest form of Japanese theater and grew out of 14th century Chinese performing arts and traditional Japanese dance.

Saturday, September 27

16th Annual Acton Apple Festival, Acton Town Hall, Acton. A day of activities include good eats and entertainment. 636-1361.

14th Annual Cornish Apple Festival sponsored by Cornish Association of Businesses, 625-3577.

Civil War Encampment, Willowbrook Museum, Newfield, Company A, 3rd Regiment will present living history, military demonstration, period clothing, food and music. 793-2784.

Sunday, September 28

Muse, 4-6 pm, discussion/network gathering for creatives meets in Room #240 at 222 St. John St., Portland. 657-5329.

Civil War Encampment, Willowbrook Museum, Newfield, Company A, 3rd Regiment will present living history, military demonstration, period clothing, food and music. 793-2784.

PHOTO ILLUSTRATION CHARLOTTE SMITH



A Solitude of Space: The Paintings of Thomas Crotty at the Portland Museum of Art

Monday, September 29

Café Review Open Poetry Reading, 7:30 pm, Center for Cultural Exchange, One Longfellow Square, Portland. 761-0591.

Tuesday, September 30

Books for Babies, 9:30 am, for babies 6-24 months. Warren Memorial Library. 854-5891.

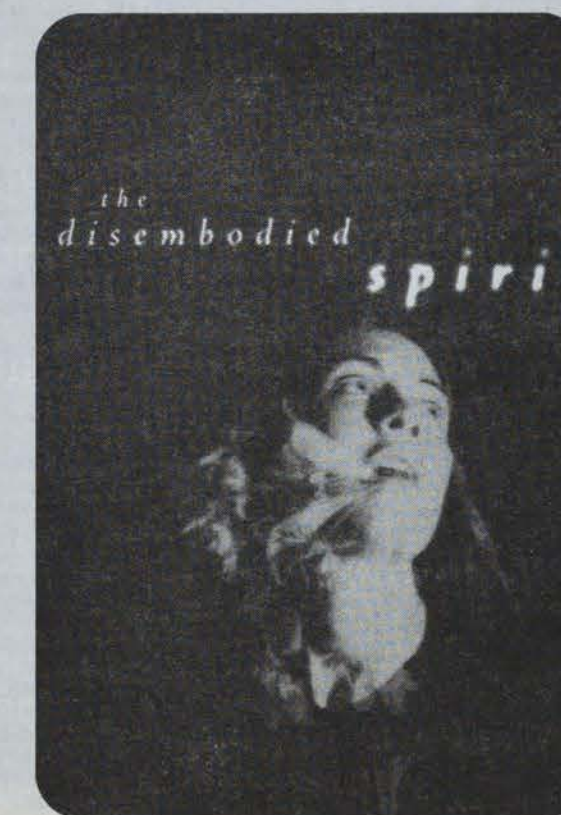
Tales for Tots, 10:30 am, for toddlers 2-3 years-old. Warren Memorial Library. 854-5891.

Pumpkin Printing for children, 11am-5pm, Tuesday through Saturday each week in October. Creative Resource Center, 1103 Forest Ave, Portland. 797-9543.

Objects of Influence: USM Art Faculty. Art Gallery, Gorham. 780-5460. Opening reception will be held 4-7 pm.

Wednesday, October 1

Brown Bag Lecture Series, McKay Jenkins, Noon- 1pm. Rines Auditorium, Portland Public Library, 5 Monument Square, Portland. 871-1710.



The Disembodied Spirit Exhibit at Bowdoin College of Art

The Hangman Wallpapering & Painting Co.

Professional finishing applicators
Residential • Commercial • Industrial

• Wallpaper • Stain • Paint • Epoxy
• Sprayed Texture Ceilings

- Homes, Apartments, Condos
- Interior, Exterior
- Aluminum and Vinyl Siding Painted
- Brush, Roller & Spray
- All Paints and Epoxy
- Drywall & Plaster repair
- Paperhanging
- Pressure, Power Washing
- Wallpaper removal
- Water, Fire, Smoke Damage
- Decks Cleaned & Sealed
- Kitchen Cabinet Painting
- Sprayed texture ceiling application & repainting

Prompt, professional, courteous service
30 yrs experience Fully insured • Written estimates

Portland 772-HANG (4264) • Biddeford 284-8654



THE BEST PLACE TO LEARN MASSAGE IS Pierre's

- Now Offering Day and Evening Classes!
- State of the Art Equipment, Great Instructors
- Financial Aid Available to Qualified Students

EVENING SESSION STARTS
NOVEMBER 3RD!

Right Now, Tuition At
Pierre's Is Just \$7,450!

Price includes tuition,
books, fees and bed!

Call Kathleen for more information!

PHONE (207) 774-1913 • WWW.PIERRESSCHOOL.COM

Pierre's School of Cosmetology

319 MARGINAL WAY, PORTLAND, ME 04101

Join us inside, outside or Topside

We are a Full Service Restaurant & Bar

Now open for dinner until 9pm

Our patio is available for seating and the Topside Pub offers happy hour specials and great live music

Visit our Fish Counter for Fresh Seafood at Great Prices

We Ship Lobsters Nationwide

in the Portland Public Market
25 Preble Street, Portland
Café 228-2010 • Market 228-2008

2 Hours FREE Parking in the Adjoining Garage



Activities at the Children's Museum of Maine



September 25 - October 2, 2003
FMI: Call 828-1234 ext. 221

Baby Bash

September 25

9 - 10am

Special event for parents and their infants. Explore the museum, meet other parents and share the joys of parenting.

Little Kids' Morning Out

10am-Noon

Special toddler and preschool programs. Art studio & music, Movement and More - Guitar Sing-a-Long.

Seeds!

September 27

2pm

Explore a variety of seeds and make your very own silly seed character to take home.

Art Adventures

September 28

2:30-3:30pm

Pine cone adventures - Make silly and imaginary creatures out of pinecones.

Preschool Play - KinderDrama

October 1

10:30am

Act out the beautiful story of this bat and learn about what it takes to put on a play. Special guest appearance by Stella Luna herself.

Cultural Creations - Asian Shadow Puppets

2-4pm

Learn about traditional Asian shadow puppetry and make your own shadow puppet to take home.

Little Kids' Morning Out

October 2

10am-Noon

Special toddler and preschool programs. Music Movement and More with Irene Jeffers. Special Guest Appearance by Stella Luna. Listen to the story of Stella Luna, the little bat.

General Admission:

\$6.00 per person (under age 1 free)
(Admission is free with museum membership.)
Group Rate
\$3.00 per person - groups of ten or more with reservations - call 828-1234, x234 FMI
Camera Obscura only: \$3.00

The Children's Museum of Maine is located at 142 Free Street in Portland, Maine, next to the Portland Museum of Art.

listings

HAPPENINGS

Thursday, September 25

Baby Bash, 9-10 am. For children 12 months or younger and parents, explore museum and meet other parents at Children's Museum of Maine, 142 Free Street, Portland, 828-1234.

Nature Writing Talk, Dr. Owen Grumbine, 7 pm. Wells Reserve at Laudholm Farm, 646-1555.

Alix Olson, 7:30 pm, spoken word artist, poet and activist performs. Chase Hall Lounge, Campus Avenue, Bates College, Lewiston.

An Evening With Adrienne Rich, 7:30 pm. Poetry reading and discussion. Memorial Hall, Pickard Theater, Bowdoin College, Brunswick, 725-3257.

Surf Movie Nights, *Gidget*, 6 pm. The Saco Museum, 371 Maine Street, Saco, 283-3861.

Friday, September 26

Japanese noli drama, demonstrated Stephen Comee, 8 pm. Olin Arts Center Concert Hall, Lewiston, 786-6195.

Annual Meeting for American Lung Association, Noon-4:30 pm. Keynote Speaker: Governor John Baldacci. Marriott Hotel, South Portland, 622-6394.

Rabies Clinic, 5:30-7 pm. Sebago Lake Church, Rt. 35 Sebago Lake Village, 624-4999.

Saturday, September 27

3rd Annual Maine Indian Basket sale, 10 am-4:30 pm. Sababath Lake Shaker Village, New Gloucester.

The Amazing Adventures of Pierre in the Air, Hurdy Gurdy Puppet Show. Saturdays at 10 am, 11 am, and noon, through December. Lawrence Arts Center, Portland, 775-2004.

16th Annual Acton Apple Festival, Acton Town Hall, a day of activities include good eats and entertainment. 636-1361.

14th Annual Cornish Apple Festival sponsored by Cornish Association of Businesses, 625-3577.

Civil War Encampment, Willowbrook Museum, Newfield. Company A, 3rd Regiment will present living history, military demonstration, period clothing, food and music. 793-2784.

Bake, Book, & Run, 9 am-2 pm. Hollis Center Library, Hollis, 929-3911.

Saco Coffeehouse, open-mic night followed by the Edith Jones Project, 7:30 pm. Unitarian Universalist Church, 60 School Street, Saco, 883-4482.

2nd Annual Critterthon Benefit, Flying Changes Center for Therapeutic Riding, Topsham, 729-0168 or www.flyingchanges.org

Your Craft, Your Business Conference with Amy Putansu, 8 am. Maine College of Art, 775-5157.

Sudanese Cultural Celebration with Emmanuel Kembe, 8 pm. Reggae artist hosts an evening dance party. Center for Cultural Exchange, One Longfellow Square, Portland, 761-0591.

Measure For Measure: Music From Shakespeare's Plays, 7:30 pm. Ensemble Chaconne with mezzo-soprano Pamela Dellal. Bowdoin College, Moulton Union Building, Brunswick, 725-3747.

Sunday, September 28

Civil War Encampment, Willowbrook Museum, Newfield. Company A, 3rd Regiment will present living history, military demonstration, period clothing, food and music. 793-2784.

Cathedral in the Pines, 11 am. The Second Congregational Church, UCC, of Wilton, NH will hold worship services. 75 Cathedral Entrance, Rindge, NH (603) 889-3300.

Muse, 4-6 pm, discussion/network gathering for creatives. Meets in Room #240 at 222 St. John St., Portland, 657-5329.

Monday, September 29

Café Review Open Poetry Reading, 7:30 pm. Center for Cultural Exchange. One Longfellow Square, Portland, 761-0591.

Tuesday, September 30

Books for Babies, 9:30 am, for babies 6-24 months. Warren Memorial Library, 854-5891.

Tales for Tots, 10:30 am, for toddlers 2-3 years old. Warren Memorial Library, 854-5891.

Pumpkin Printing for children, 11 am-5 pm. Tuesday through Saturday each week in October. Creative Resource Center, 1103 Forest Ave. Portland, 797-9543.

2nd Annual Luncheon, Cure Breast Cancer for ME, 11:45 am-2 pm at Holiday Inn by the Bay, Portland sponsored by Maine Cancer Foundation, 773-2533.

Jennifer Finney Boylan will read from her memoir, *She's Not There: A Life in Two Genders*, 7 pm. Part of Visiting Writers Series Colby College, Robbins Room, Roberts Building, 872-3257.

Wednesday, October 1

Casco Bay Weekly listings are a fun and free service to our readers. To have a listing considered for publication, send complete information (including dates, times, costs, complete address, a contact telephone number) by noon Thursday two weeks prior to publication. E-mail: listings@maine.rr.com.

Brown Bag Lecture Series, McKay Jenkins, Noon-1 pm. Rines Auditorium, Portland Public Library, 5 Monument Square, Portland, 871-1710.

Belly Dance Workshop with Jameliah, 6 pm, weekly for 8-week session. Center for Cultural Exchange, One Longfellow Square, Portland, 761-0591.

ONGOING

Amnesty International meets the second Tuesday of the Month at Casco Bay Ferry Terminal's Conference Room, Commercial Street, Portland, at 7:30 pm. 874-6928.

Art of Maine Classes, each Friday, study 4 Maine artists and their art form, children ages 10 and up, 12:30pm-2pm. Craft room, Warren Memorial Library, 479 Main St., Westbrook, 854-5891.

Art Night Out - open bead night, Wednesday evenings, 6-9 pm. 352 Cottage Road, South Portland, 799-5154.

Autumn Tree Collage Children will use colorful paper and collage materials to make their own autumn tree collage, ages 3 and up, drop in any time between 11 am and 5 pm. Tues-Sat each week in September, creative Resource Center, 1103 Forest Ave., Portland, 797-9543.

Babies "R" Us, will hold various safety related events, celebrating safety month, the biggest event is a free car seat safety check that we have partnered with Maine Kids Coalition, 200 Running Hill Rd., South Portland, 773-4861.

The Brain Tumor Support Group of Maine, 7-9 pm, second Tuesday of each month, Maine Medical Center's Charles A. Dana Health Education Center, room #1, 22 Bramhall St., Portland, 871-4527 or fortin@mmc.org.

Books and Babies for babies 6-24 months old and their caregivers, Tuesdays, 9:30 am. Tales for Tots for toddlers 2-3 years old and their caregivers, Tuesdays, 10:30 am. Read-Aloud Time for children 3-5 years old (preschoolers) and caregivers, Wednesdays, Warren Memorial Library, 479 Main Street, Westbrook, 854-5891.

Buddhism in Portland - meditation and to study the Dharma, 7-9 pm, every Wednesday, 774-1545.

Child Safety workshops to help educate parents, and about proper/legal car seats for children, and about the new laws in effect. 6 pm, every second Tuesday, Babies-R-Us in South Portland.

The City of Portland's Downtown Portland Corporation meets 4 pm, third Thursday of every month, 874-8863.

Co-Dependents Anonymous, a 12-step fellowship of people whose common purpose is to develop healthy relationships, meets 6-7:30 pm, Tuesdays, Brighton Medical Center, 3rd floor, small conference room, 878-6632.

Computer Access open to the public, 6-8 pm, Wednesdays & Thursdays, Portland West, 181 Brackett St., Portland, 775-0105 x27.

Debtors Anonymous is a recovery program for people with chronic debt based on the 12 steps of Alcoholics Anonymous, meets 7 pm, Tuesdays, Woodfords Congregational Church, 202 Woodfords St., Portland, 774-4357.

Divorce Support Group The Greater Portland Spiritual Separated and Divorced Support Group meets 7 pm, Tuesdays, Cathedral of the Immaculate Conception Rectory, 307 Congress St., Portland, 856-6431.

Dual Recovery Anonymous (DRA) self-help recovery program for those recovering from addiction and emotional problems meets 3:15 pm, Mondays, McGeshey Hall, 215 Vaughan St., 1st floor group room AND 1 pm, Tuesdays, Breakfast Room at Community Resource Center, 774-HELP.

The "Father's Heart" worship and praise ministry, hosted by Prophetic Destiny Ministries, 3-5:30 pm, every third Sunday of every month, Sky-Hy conference center, 32 Sky-Hy Drive, Topsham, 725-7577.

Feminist Spiritual Community - for rituals celebrating the divine feminine, ourselves, and for healing. All women are welcome to our non-hierarchical all volunteer group which uses circle process and shared leadership, meets every Monday, 7-9 pm, 774-2830.

Food Addicts in Recovery is a 12-step program for individuals recovering from addictive eating. Meeting will be held at Larabee Village, 30 Liza Harmon Drive, Westbrook from 7:00-8:30 pm.

Food Not Bombs The group distributes free food to the masses, 2-4:20 pm, Sundays, Monument Square, Portland, 774-2801.

Free School event where artists, craftspersons, dancers, and teachers of all kinds offer workshops to the public, 7 pm, every first Monday of the month, Portland West, 181 Brackett St.

Gays and Lesbians Adopting, a new support group and resource exchange for LGBT foster and adoptive families in Maine, meets the third Friday of each month, 773-3023 or mainegala@hotmail.com.

Geographic Information Systems Clinic, open to anyone with a GIS questions, research, problem, research idea, or general interest, 9:30-11:30 am, Wednesdays, and Open GIS Seminar, noon-1 pm, every Wednesday, Room 302, Bailey Hall, USM Gorham, 780-5063.

Getting Started workshop providing an important overview to historic home ownership and preservation, 9 am-4 pm, Saturdays, Walker Memorial Library, Main St., Westbrook.

The Greater Portland Maine Genealogical Society meets 1 pm, the first Saturday of each month, Cape Elizabeth at Thomas Memorial Library, 797-7927.

The Greater Portland Parkinson Support Group - all those with Parkinson's, as well as their families and friends are welcome, 2 pm, the fourth Sunday of each month, Falmouth Congregational Hall, 267 Falmouth Road, Falmouth, 797-8927 or 774-3312.

Inner Light Spiritualist Church, healing Service 6 pm, Main Service 6:30 pm, Sundays, Memorial Chapel, 2nd floor, Williston-West Church of Christ, 32 Thomas Street, Portland, 831-0702, 786-4401 or glorgyrl@mid-maine.com.

Healing with Herbs, 6-8:30 pm, Maine Audubon Society and Avena Institute, Gislard Farm, Falmouth, October 14-21 and Nov 4, 569-2403.

Kids First Center a non-profit organization that offers programs with the purpose of providing practical information and suggestions to help separating or divorcing parents focus on the needs of their children. For program dates and additional information: 761-2709, kidsfirst@nls.net, or write: 222 St. John St. Suite 101, Portland, ME 04102.

The League of United Latin American Citizens meets 6 pm, fourth Thursday of each month, Reiche School, 166 Brackett St., Portland, 767-3642.

Look Good, Feel Better, sessions for women with appearance-related side effects from cancer treatment, 1-3 pm, 2nd Monday of each month & 5:30-7:30 pm, 4th Monday of each month, Cancer Community Center, Route 1, South Portland, 774-2200.

The Maine Breast and Cervical Health Program provides free mammograms and pap tests to women 40-64 that are uninsured or have high deductibles on their insurance, 874-1140 x324.

Maine Writers and Publishers Alliance presents informal writers' jam sessions open to all genres, 7 pm, second Thursday of each month, Mr. Paperback Café, Lewiston, 729-6333 or sarah@mainewriters.org.

Man to Man Monthly discussion group meets first Thursday of the month to discuss issues pertaining to men's lives. All men over the age of 18 are welcome. At the Center for Cultural Exchange, 1 Longfellow Square, Portland, from 7-9 pm. Free. 865-2048.

Mom to Mom - Meetings held 4th Wednesday of each month. For mothers who have altered their lifestyles in order to raise their children Dana Center, Maine Medical Center, Portland, 282-1160 or 797-6384.

MUSE, discussion/network for creatives meets 4-6 pm in room #240 at 222 St. John Street, Portland, 657-5329.

NAMI CHOICES support group for family and friends of people with mental illness meets 7 pm, second and fourth Monday of each month, the Dana Center, Maine Med. 775-5242.

Peer critique Artists are encouraged to bring works of art, either in progress or complete, to share with others. A "peer critique" offers encouraging and supportive comment from fellow artists, as well as suggestions for change and improvement, hosted on the second Tuesday of each month, Center for Maine Contemporary Art, 236-2575.

People's Free Space where people can connect to their community, share resources and ideas through food, information, art and events, 7 pm, every 1st and 3rd Wednesday of each month, Portland West, 181 Brackett St., Portland.

Poetry Slam, 8 pm, second Tuesday of each month, Alehouse, Market St., Portland, 329-9481.

Red Wheelbarrow Books and Café, Poetry Reading, second Thursday of each month, 247A Congress Street, 774-6663.

Salvation Army Senior Center Drop-in center for serving people age 60 and over in the Greater Portland area, 9 am-3 pm, Mon-Fri, 297 Cumberland Ave. Portland, 774-6304.

Sangha/Meditation Practice, 10-11 am, first and third Sunday of each month, Greenleaf Studio, Freeport, 865-0744.

Score of Portland offers free counseling on all aspects of business, marketing and personnel relations on an individual confidential basis. Score Speakers Bureau supplies programs on business subjects at no charge. 772-1147.

Sexual Assault Services of Southern Maine, offering twelve week support groups for men, women and adolescent survivors of rape, incest, and child sexual abuse, 800-313-9900.

Shapedown, A 10 week, family-based weight management program for obese pre-teens (11-13 year olds) from 5-7:00 pm on Tuesdays at MMC in Scarborough, 780-4170.

Sing rounds and women-centered chants, 1:15-2:15 pm, Wednesday, when classes are in session, Honors Building basement, open to the public. 780-4321.

SlaterSpace, a lesbian social group - all lesbians are welcome! 5-9 pm, meets the last Saturday of each month, Williston West Church, 33 Thomas St., Portland, 336-2520 or 892-3135 or slaterspace@yahoo.com.

Sitting Meditation in the Tibetan Buddhist Tradition, as taught in the Tibetan Book of Living and Dying, 9-11 am, every Sunday, Rigpa Maine, 169 State St., Portland, 657-2438.

stage door

THEATER/COMEDY

The Pirates of Penzance, by Gilbert and Sullivan. Their musical masterpiece, Theater at Monmouth, Monmouth, 933-2952. Runs September 25-October 5.

West Side Story, the classic love story at the Lyric Music Theater, 176 Sawyer Street, South Portland, 799-1421. Runs on weekends through October 12.

Baby, a musical by Sybille Pearson, David Shire and Richard Maltby, Jr. is about three couples dealing with having a baby. September 25-October 19. Good Theater, St. Lawrence Arts & Community Center, Portland, 885-5883.

Red Light Rooster, A family fun event! With dancer/storyteller Louis Gervais. The East End Children's Workshop, 10 Mayo St., at 11 am and 1 pm on September 27.

Grease, By Jim Jacobs & Warren Casey. September 19-October 5. The Portland Players, 420 Cottage Road, South Portland, 799-7337.

Naked in Portland, By Jason Wilkins. September 19-October 5. Studio Theater of the Portland Performing Arts Center, 25A Forest Ave, Portland, 773-2583.

Comedy of Errors, By William Shakespeare. September 23-October 19. Portland Stage Company, 25A Forest Ave, Portland, 774-0465.

AUDITIONS

Casco Bay Movers presents auditions for its youth Performing Company, Upbeat Feet, on September 27, from 12:30-1:30. For intermediate and advanced dancers 12-18 years. 871-1013.

Casco Bay Weekly listings are a fun and free service to our readers. To have a listing considered for publication, send complete information (including dates, times, costs, complete address, a contact telephone number) by no later than noon on Thursday prior to publication. E-mail: listings@maine.rr.com.

MILLENNIUM FINISHES

High Quality Painting Services

(207) 767-2069
John T. Ostrem

Specializing in high quality applications of exterior and interior finishes to beautify and protect your home.

Professional airless spraying and brushwork

North Star Garden Design



Creating gardens that inspire joy

Master Garden Planning and Extraordinary Installations

David Neufeld 207-583-4754

www.northstargarden.com

northstr@megalink.net

North Star Stoneworks

Walls, terraces, paths, steps, and benches from aged granite
Brickwork, waterfalls, and boulder planting

Qualified for waterfront restoration

David Neufeld 207-583-4754

Portfolio of work at: www.northstargarden.com

THE
SPIRIT
OF
BEAUTY.

Image Maker Hair Studio

1041 Brighton Avenue, Portland, Maine 828-3700

By appointment only.

cascobayweekly.com

SEPTEMBER 25, 2003

31

visual arts

OPENINGS/CLOSINGS

Friday, September 26

The Far Northeast: Window on a Landscape. Will Richard. The Chewonki Foundation, Chapin Hall, Wiscasset. Opening reception 5pm. 882-7323.

Saturday, September 27

Peter McGlamery. ICON Contemporary Art, 19 Mason Street, Brunswick. 725-8157. Opening reception 4-6pm. **Photographic Traditions of Maine** celebrates its second anniversary. Work from local artists. Opening reception, 4-7pm. 125 Presumpscot St., in Round House Building. Hours: Mon-Wed 8:30 am-5pm. Thurs 8:30am-6pm. Fri 8:30-3.

Blends-Surreal Photography. opening reception from 5-8pm. Radiant Light Gallery, Suite 409, 615 Congress Street, Portland.

Sunday September 28

Our Town-Inside and Out. Coolidge Center for the Arts, Portsmouth, NH. (603)436-6607. Opening reception 5-7pm.

Tuesday, September 30

Objects of Influence: USM Art Faculty. Art Gallery, Gorham. 780-5460. Opening reception 4-7pm.

GALLERIES

A Gallery Harpswell Neck Road, West Harpswell. Exhibit by Joan Dickinson, ongoing. 833-6544.

Area Gallery USM Woodbury Campus Center, Portland. Hours: Mon-Thurs 8am-4:30pm. Fri 8am-4:30pm. Sat 9am-3pm. *Selections from Visiting Artists-in-Residence Collection*, featuring work in a variety of media from the VAIR program established in 1986. 780-5009.

Art Gallery USM, Gorham. Hours: Tues-Fri 11am-4pm. Sat 1-4pm. 780-5460.

Art Gallery at the University of New England. Westbrook College Campus, 716 Stevens Ave., Portland. Hours: Wed, Fri, Sat and Sun 1-4pm. Thurs 1-7pm. *The Art and Artistry of Arthur Szyk*, through October 26. 797-7251 x4499 or www.une.edu/art.

Atrium Gallery USM, Lewiston-Auburn Campus, 51 Westminster Street, Lewiston. Hours: Mon-Thurs 8am-8pm; Fri 8am-4:30pm; Sat, 9am-3pm. 753-6500. *The Figure Revealed*, juried exhibition of life-drawings, through October 18.

Aucocio Galleries 615A Congress St., Portland. Figurative paintings and Watercolors from the early 1990's by George Lloyd, through September 27. 775-2227.

Center for Maine Contemporary Art 162 Russell Ave, Rockport. *The Abstracted Landscape*, various artists, through October 6. Tues-Sat 10am-5pm.

CW White Gallery 656 Congress St., Portland. 871-7282 or info@cw-white-gallery.com.

* Recent paintings of plain air landscape on paper and large studio works depicting coastal Maine by Darryl Hight, September 10-October 4.

Chris Heilman Art Glass Gallery 55 Federal St., Portland. Featuring torch work decorated blown vessels and sculptures as well as Silver Veil abstract vessels by Chris Heilman, ongoing. 772-7940 or www.hotglassheilmann.com.

Coolidge Center for the Arts. Wentworth-Coolidge Mansion, 375 Little Harbor Rd., Portsmouth, NH. Hours: Wed-Sat 10am-4pm. Sun 1-5pm or by appointment. *Whispers of the Orient*, American artworks with a Hint of the Orient, through September 21. 603-436-6607.

Drake Farm Gallery 148 Lafayette Rd., North Hampton, NH. Hours: Mon-Sat 10am-6pm. Sun noon-6pm. Seacoast scenes in watercolor by Maddi Alana, through October 31.

Du'e 81 Market St. Portland. Works by Ian Factor and Stephen Lanzalotta, ongoing. 879-1869, 773-7730 or www.duegallery.com.

Elan Fine Arts 8 Elm St., Rockland. Hours: Mon-Sat 10am-6pm. Sun 1-5pm. John Dehlinger, Peter Achorn, Karen Becker, Majo Kelesian and works from the estates of Leonard Baskin and Daniel Hodermarsky, through October 19. 596-9933.

* Mary Frank, paintings, sculptures, and works on paper, through October 17.

Elizabeth & Main Gallery of Art 238 Main St. Gorham. Hours: Wed-Fri 10am-6pm. Sat-Sun 10am-4pm. Paintings by Michael C. Welch, through September 28. 671-8237.

Emporium Framing and Gallery, 261 Main Street, South Berwick. 384-5963. *Small Tapestries Tuine 2003*, through October 31.

Filament Gallery 181 Congress St., Portland. *After, new works* by eight contemporary artists, through October 11. 221-2061. Hours: Thurs-Sat 11-6 or by appointment.

The Firehouse Gallery Damariscotta. Jean Jack, Daniel Feldman, Sam Shaw, and Ralph Moxey now showing through October 14. Hours: Mon-Sat 10am-5pm. Sun 11am-4pm. 563-7299.

Galerie Fine Art 240 US Route 1, Falmouth. Hours: Sat 10am-4pm. Mon-Fri 10am-6pm. 781-3555. Group show of

gallery artists Verner Reed, Veronica Benning, Estelle Roberge, Lori Tremblay, and Henry Peacock, ongoing.

The Gallery at Casco Bay Frames 295 Forest Ave., Hallowell Plaza, Portland. Hours: Mon-Fri 10am-6pm. Sat 10am-5pm. 774-1260.

* *New Orleans: Past Is Present*, the works of Anastasia Lang, through September 30.

Gallery at the Clown 123 Middle St., Portland. 756-7399 or www.the-clown.com.

* *Seasonal Balance*, luminous oil paintings by Vicki McMurry, through September 29.

* *Landscapes, Differing Approaches*, James O'Neil and Kathleen Roberts, through October 29.

Gallery at Graphiteria, 141 Preble Street, Portland. 772-3709.

* *Red Rock: Photographs of Utah's Canyonlands* by Jim Castonia, through October 31.

Gallery 302 38 Main St., Bridgton. Original work by Bridgton Art Guild members, ongoing. 674-2389.

Gallery At Widgeon Cove 31 Widgeon Cove Lane, Harpswell. Hours: Thurs-Sat and Mon 11am-5pm. Sun 1-5pm or by appointment. 833-6081.

* *Peaceful Thoughts* paper works of art by Georgeann Kuhl, through September 19.

* *Themes on Meditation*, sculptures by Condon Kuhl inspired by Japanese Shrines, through September 7.

* *Jewelry, thoughts of Tuscany* by Condon Kuhl, through October 30.

Gallery Seven 49 Exchange St., Portland. Hours: Mon-Thurs 10am-6pm. Fri-Sat 10am-9pm. Sun noon-6pm. Exhibit of work by American craft artists in all media, ongoing. 761-7007.

George Marshall Store Gallery 140 Lindsay Rd., York. Hours: Tues-Sat noon-5pm. Sun 1-5pm. 351-1083 or www.oldyork.org.

Gleason Fine Art 31 Townsend Ave. Boothby Harbor. Hours: Tues-Sat 10am-5pm. *Landscapes of Maine* by Chris Nissen, through September 9. 633-0876 or www.gleasonfineart.com.

Graffius/Coffin Gallery, 79 Oak St., Portland. Hours: Wed 6-9pm. Fri 5-9pm. Sat noon-5pm or by appointment. acoffin@maine.rr.com.

* *Emerging Artists*, group show, September 5-26.

Henlock Hill Gallery, Route 302, West Bridgton. Hours: Fri-Sun, and Weekdays by chance. Featuring Wildlife art and furniture by William Janelle. 647-9512.

Hole in the Wall Studioworks Rt. 302, Raymond. Mon-Sun 9:30am-5:30pm. Group Show with Lou Mastro, Jennifer O'Toole, Kate Winn, through September 30. 655-4952.

The Hay Gallery 594 Congress St., Portland. 773-2513 or haygallery@earthlink.net.

* *Signs for Travelers*, exhibit by Nicholas Lania, through September 28.

Harpwell Art & Craft Guild Gallery 123 Harpswell Neck. Hours: Sat-Sun 10am-5pm. Work of six guild members. 833-6081 or 833-6544.

ICA at MECA Porteous Building, Congress St. Portland. Exhibit by faculty who teach at the Skowhegan School of Painting and Sculpture, through September 28. 775-3052.

Jameson Gallery 305 Commercial St., Portland. Hours: Mon-Sat 10am-6pm. Thomas Paquette, *Of Earth and Sky*, through September 30. Verner Reed, *This American Life*, ongoing. 772-6222.

June Fitzpatrick Gallery 112 High St., Portland. Hours: noon-5pm Tues-Sat and by appointment. *Photographs of Coastal Maine* by Peter Raiston, through September 27. 772-1961.

June Fitzpatrick Gallery @ Maine College of Art 522 Congress St., Portland. Hours: Tues-Sun noon-5pm. Vessels by Pam Slaughter and Drawings by Deborah Randall, through September 27. 879-5742 x283.

Lajos Matolcay Art Center 480 Maine Street, Norway. Hours: Sat and Sun 11am-4pm. Works by over 30 artists through October. 988-2497.

Little Sebago Gallery & Frame 765 Roosevelt Trail, Windham. Hours: Mon-Fri 9:30am-5pm. Sat 9:30-4pm. 892-8086 or info@littlesabogallery.com.

Local 188 Gallery 188 State St., Portland. New Paintings by Broadbent and Dahlquist, ongoing.

Long Hall Gallery Maine College of Art, Porteous Building, Portland. *Adventures in Art Student Exhibition*.

Lyn Snow Gallery 87 Market St., Portland. Hours: Sun-Thurs 10am-6pm. Fri-Sat 10am-7pm. Works by Lyn Snow, ongoing. 773-5252.

Mainely Frames & Gallery 534 Congress St., Portland. Hours: Mon-Wed 10am-6pm. Thurs and Fri 10am-8pm. Sat 10am-5pm. Sun noon-5pm. Pen-and-ink cityscapes by William C. Harrison and other work by gallery artists, ongoing. 828-0031.

Meyer Studio Gallery 51 Oak St., Portland. Hours: Wed-Fri 4-6pm. Sat-Sun noon-4pm. Exhibit of recent works by Louis Meyer, Matthew Meyer and Nathaniel Meyer, ongoing. 879-1323.

Ocean Street Arts, 520 Ocean St., South Portland. Hours: Wed-Sat 11am-5pm. Fall show featuring Spindle-works artists, and new works by Adam Earley and Dee Adams, through October 30. 767-7773.

Plum Gallery 142 High St., Suite 217, Portland. Hours:

Tues-Fri 11am-4pm. *DOT.DOT.DOTS!!!* The simplest of elements exploited by artists in a multitude of ways, ongoing.

Portland Coalition Art Gallery 688 Congress St., Portland. Call ahead for hours. Exhibit of mixed-media works by artists associated with the Portland Coalition for the Psychiatrically Labeled, ongoing. 772-2208.

Portland Glassblowing Studio 24 Romasco Lane, Portland. Hours: Fri-Sun 10am-6pm. Glassblowing demonstrations and exhibit of contemporary glassware designed and made by studio owner Ben Coombs, ongoing. 449-4527.

Radiant Light Gallery Suite 409, 615 Congress St., Portland. 252-7278. Hours: Saturday from noon-7pm, or by appointment.

Red Dot Gallery Via Group, 34 Danforth St., Portland. Hours by appointment. 761-0288.

Salt Gallery 110 Exchange St., Portland. Hours: Tues-Sat 11:30am-4:30pm. *Forgotten People*, through September 20.

Silver Image Resource Gallery 500 Congress St., rear studio, Portland. Hours by appointment or chance. 5-8pm first Fridays. Photography by Donna Lee Rollins, and Dennis Stein, hand-colored photographs, "Holga" prints, and digital images, ongoing. 767-0711.

Space Gallery 538 Congress St., Portland. Hours: Thurs-Sat 11:30am-5pm. 828-5600.

Original paintings and mixed media by Dorette Amell. The art of Angela Alderete, Mitch Pfeifle, Kimberly Devries, and Kelly Weingart, through October.

* Group Exhibition of National Artists, through September 26. 828-5600 or www.space538.org.

The Spindleworks Gallery 7 Lincoln Street, Brunswick. Mon-Fri 9-5 A studio and gallery space to over 35 artists with disabilities. *Works in Progress*, through September 30.

The Stein Gallery 195 Middle St., Portland. *Spectacular Amphora Vessels* by Barry Entner through September 28. 772-9072. info@steinglass.com or www.steinglass.com.

Studio 656 656 Congress St., Portland. Hours: Thurs-Fri noon-6pm. Works by John Driscoll, ongoing. 871-3922.

Thomas Moser Cabinetmakers 149 Main St., Freeport. Hours: Mon-Sat 10am-6pm. Sun 11am-5pm. Exhibit of paintings by Maine artists Abbott Meader, Kristin Malin and Marguerite Lawler, through September 29. 865-4519.

Toby Rosenberg Gallery 293 Read St., Portland. Hours: Mon-Sun noon-6pm. Handbags, clothing, cloth dolls, pottery, contemporary American crafts, sculpture and Judaica, ongoing. 878-4590.

Thomas Spencer Gallery 360 Main St., Yarmouth. Hours: Tues-Fri 10am-5pm. Sat 10am-4pm or by appointment.

Serene Moments by Susan Gossett, through September 27. 846-3643 or www.thomasspencergallery.com.

Yarmouth Historical Society Gallery Hours: Tues-Fri 1-5pm. Sat 10am-5pm. *Home Sweet Yarmouth Home*. 846-6259.

Wiscasset Bay Gallery Wiscasset. Hours: Sun-Fri 10am-6pm. Sat 10am-8pm. *America and the Grand Tour*, an exhibit of 19th and 20th century American and European art, through September 26. 882-7682 or www.wiscassetbaygallery.com.

GALLERY TALKS

Wednesday, October 1

Shape of Maine, Gallery Talk with the Curator, John Mayer, Maine Historical Society. Noon-1pm. 774-1822.

MUSEUMS

Abbe Museum Bar Harbor. Hours: Sun-Sat 10am-5pm. Thurs-Sat 10am-9pm through September. 288-3519.

* *The Basket Room: The Anne Molloy Howells Collection*, ongoing.

* *Layers of Time: 75 Years of Archaeology at the Abbe Museum*, ongoing.

* *Wapohohki Student Art Show: Beyond the Mountain: Modern Views of Traditional Ideas*, ongoing.

* *Spring Free*, ongoing.

* *The Search for John Snow*, through December.

* Dr. Abbe's "Stone Age Museum", through October 19.

Bowdoin College Museum of Art 9400 College Station, Brunswick. Hours: Tues-Sat 10am-5pm. Sun 2-5pm. 725-3275.

Uffe Restaurant 190 State St., Longfellow Square, Portland. Color photographs of Maine Scenes by Martin Shuer, through September 30.

USM Southworth Planetarium 96 Falmouth St., Portland. *Heavens on Earth*, ongoing. 780-4249.

Hours: 10am-5pm. Tues, Wed, Thurs, Sat & Sun. 10am-9pm Fri. Memorial Day through Columbus Day open Mondays 10am-5pm. 775-6148 or (800) 639-4067.

* *A Solitude of Space: The Paintings of Thomas Crotty*, through January 4.

* *Contemporary Art From the Permanent Collection*, featuring the diversity of subject matter and style that have come to dominate the post-world war art scene, ongoing.

* *Edward Weston: Life Work*, through October 19.

* 1831-1903: *Painting Portland's Legacy*, an exhibit of the work of Charles Frederick Kimball, founder of the Portland Society of Art, through December 7.

The Saco Museum 371 Main St., Saco. Hours: Sun and Tues-Fri noon-4pm. Thurs noon-8pm. *Surfing in Maine*, by surfer and photographer Eugene Cole. 283-3361.

The Shaker Museum Sabbathday Lake Shaker Village, Route 26, New Gloucester. Hours: Mon-Sat 10am-4:30pm. *The Rhythm of Life: Sabbathday Lake in 1903*, through Columbus Day. 526-4597.

Willowbrook at Newfield 19th Century Country Village Museum Newfield. Hours: Sun-Sat 10am-5pm. Display of trades and crafts in 37 structures with over 10,000 artifacts, through September 30. 793-2784 or www.willowbrookmuseum.org.

OTHER VENUES

Café Crème Front and Centre St., Bath. Hours: Mon-Sat 7:30am-8:30pm. Sun 8am-10:00pm. *Watercolor Me-croscapes* by David Mann, through September.

Coffee by Design 620 Congress St., Portland. Hours: Mon-Thurs 6:30am-8pm. Fri 6:30am-9pm. Sat 7am-9pm. Sun 7am-7pm.

Coffee by Design 24 Monument Square, Portland. Hours: Mon-Fri 7am-5:30pm. *The Spindleworks Sanka Show*, through October 18.

Coffee by Design 67 India St., Portland. Mon-Fri 6:30am-7pm. Sat-Sun 7am-6pm. *The Spindleworks Sanka Show*, through October 18.

Diamond's Edge Restaurant Great Diamond Island. Hours: Sun-Sat 12:45pm or by appointment. 766-5850.

Falmouth Memorial Library 5 Lunt Road, Falmouth. *Two and New*, an exhibit by artist, Wendy Newbold Patterson, through September. 871-2351.

Freeport Community Library 10 Library Dr., Freeport. Hours: Mon and Wed 11:30am-8pm. Tues and Thurs 9:30am-5pm. Fri 11:30am-5pm. 865-3307.

* *Celebrating the Flag*—artwork from kindergarten, first and second grade classes at Morse St. School, through September 15.

* *Shells of World*, botanical artworks by Sharon Harvie, through September 30.

Green Design Furniture 267 Commercial St., Portland. Hours: Mon-Sat 10am-6pm. Wood constructions and mirrors by Richard Rockford, through October 15. 775-4234.

Hilltop Coffee Shop 99 Congress St., Portland. *Adam's Artists*. Adam's Elementary School's student artwork and silent auction, ongoing. 780-0025.

Katabdin Restaurant 106 High St., Portland. Hours: Tues-Sat after 5pm. Paintings and drawings by local artist Thomas Cook, through September 30. 774-1740.

The Kitchen 593 Congress St., Portland. Hours: 8am-5pm. Batiks by Kris Eckman, through September 30.

Massage Medicine Eastland Park Hotel, 157 High St., Portland. Body casts from the "I Am Project" viewing by appointment only. 866-287-8681 or www.massagemedicine.com.

Norway Savings Bank Rt. 1, Scarborough. Rotating exhibit of expressive seascape paintings and woodcuts by Elizabeth Fraser, ongoing through December.

The Osher Map Library USM's Glickman Family Library, 314 Forest Ave., Portland. *Mapping the Republic: Conflicting Concepts of Territory and Character of the USA, 1790-1900*, through January 8. 2004. 780-4850.

Riverdog Café 54 Water St., Wiscasset. Hours: Mon-Fri 6:30am-2:30pm. Sat-Sun 7am-3pm. Recent prints and paintings by Debra L. Arter.

Ubuntu Home 305 Commercial St., Portland. Hours: Mon-Fri 10am-6pm. Sat-Sun noon-5pm. *African Souls/Portland* photographs by Marie Hamann. 761-9200.

Uffe Restaurant 190 State St., Longfellow Square, Portland. Color photographs of Maine Scenes by Martin Shuer, through September 30.

Currier Museum 201 Myrtle Way, Manchester, NH. Hours: Mon, Wed, Fri & Sun 11am-5pm. Thurs 11am-8pm. Sat 10am-5pm. *Jan Mierse Molenaar: Painter of the Dutch Golden Age*, ongoing. 669-6144.

Davistown Museum Main St., Liberty. Hours: Sat & Sun 10am-5pm. *The Archaeology of Tools*, work of over 75 contemporary Maine artists and craftspeople, ongoing. 589-4990.

The Fifth Maine Regiment Museum Peaks Island. New exhibit, *Celebrating Community*. 766-3330.

Maine Maritime Museum 243 Washington St., Bath. Hours: Mon-Sun 9:30am-5pm. Percy and Small Shipyard exhibit. 443-1316.

Portland Harbor Museum Fort Rd., South Portland. *A Day in the Life of Portland Harbor*, ongoing. 733-6337 or director@portlandharbormuseum.org.

Portland Museum of Art 7 Congress Square, Portland.

focal point

Disembodied Spirits

by Caitlin Nelson

The *Disembodied Spirit* is a unique, interdisciplinary exploration of art and culture in the late nineteenth century and the late twentieth century involving the deception or suggestion of ghosts. Organized by Bowdoin College Museum of Art and on view Thursday, September 25 through Sunday, December 7, the exhibition will examine the social and cultural circumstances in which ghosts have entered public discourse while considering as well the manner and media through which the ghostly has been rendered in images. *The Disembodied Spirit* will observe how artists in both the late nineteenth and late twentieth-century have represented absence while still indicating presence—exploiting formal elements such as transparency, light, shadows, weightlessness—and how they manipulate, alter, and exaggerate these characteristics.

More particularly, it will explore how the recourse to the ghostly may be, in part, a by-product of technological advancements—first photography and telegraphy and most recently computer. Like ghosts, these de-materializing technological innovations produced both anxiety and optimism in their societies, while simultaneously altering—quite dramatically—notions of representation and vision.

Accordingly, the exhibition and accompanying catalogue essays will examine cultural phenomena, such as Spiritualism in the late nineteenth century, as well as the contemporary fixation with cyberspace, virtual reality, and the less techno-hip phenomenon of angels. Included are works by nineteenth-century photographers such as William Mumler, Georgian Houghton, Julia Margaret Cameron and anonymous practitioners of spirit photography. The exhibition also includes works by twentieth and twenty first century artists including Diane Arbus, Archive, John Baldessari, Zoe Beloff, Joseph Beuys, Jeremy Blake, Christian Boltanski, Christopher Bucklow, Nancy Burson, Jim Campbell, Bruce Conner, Gregory Crewdson, Adam Fuss, Anne Gaskell, Ann Hamilton, Bill Jacobson, Mike Kelley, Clarence John Laughlin, Glenn Ligon, Sally Mann, Ralph Eugene Meatyard, Duane Michals, Tracy Moffatt, Mariko Mori, Bruce Nauman, Cornelia Parker, Leighton Pierce, Michal Rovner, Meghan Scribner, James VanDerZee, Bill Viola, and Francesca Woodman.

An opening reception and lecture by Marina Warner titled *Imaging Things: Thought-Pictures and Ethereal Presences* will be held Friday, October 3 at 7:30pm in Kresge Auditorium in the Visual Arts Center. Warner writes fiction, history and criticism; her acclaimed studies of myth and imagination include *From the Beast to the Blonde: on Fairy Tales and their Tellers*, and *Fantastic Metamorphoses, Other Worlds*. Her most recent novel is *The Leto Bundle*. She has been a Getty Scholar, Reith Lecturer, a Visiting Fellow Commoner at Trinity College, Cambridge, and appointed a Chevalier de l'Ordre des Arts et des Lettres by the French Government.

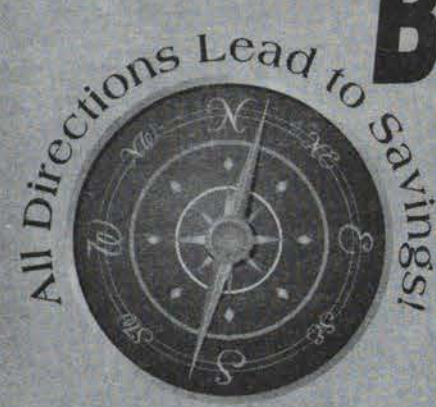
On Wednesday, October 8, at 4pm, John Jacob will speak in Beam Classroom in the Visual Arts Center at Bowdoin College. As

the former director of the Photographic Resource Center in Boston, Jacob will speak on the topic *Picturing the Afterlife: Photography as Purported Evidence for Survival from the Archives of the American Society for Psychological Research*.

Tom Gunning, Professor of Art History and Criticism at the University of Chicago and essay contributor to the catalogue for *The Disembodied Spirit*, will present a lecture entitled *Ghosts, Apparitions and Visual Illusions* on Thursday, October 30 at 7:30pm in Kresge Auditorium.

There will also be two gallery lectures given by Bowdoin College professors. On Wednesday, November 5 at 4pm, Made

DRIVE TO "BODWELL'S AND SAVE!"



\$3,000 Minimum savings on New '03 Chrysler PT Cruisers (in stock)

NEW 2003 CHRYSLER PT CRUISERS (10 in stock)

- 5 Spd.
- Air Conditioning
- Power Windows
- AM/FM Stereo w/CD Player & 6 Premium Speakers
- Tilt Wheel
- Rear Defrost
- Floor Mats • Rear Wiper Washer
- Stk. #7616, 7626



\$14,695 Reflects Rebate

\$4,000 or more on Chrysler Sebring 4 Dr. or Dodge Stratus SXT 4 Dr.

< BUYER'S CHOICE >

NEW 2004 CHRYSLER SEBRING, 4DR. **NEW 2004 DODGE STRATUS SXT, 4 DR.**



ALL ARE LOADED WITH FEATURES

- Air Conditioning • 16" Aluminum Wheels • AM/FM Compact Disc • Keyless Entry • Illuminated Entry • Tilt Wheel and Cruise Control • Floor Mats • Power Windows/Locks
- Stk. #5399, 2056, 2924, 8659, 8700

Special \$15,995 Reflects Rebate Dealer Discount Promotional Package Discount

\$5,000 or more on All New 2003 Dodge Caravans (in stock)

NEW 2003 DODGE CARAVAN SXT

- 3.3 Liter V6 Engine
- Quad Seating
- Power Heated Mirrors
- Power Door Locks/Windows
- A/C • Dual Sliding Doors
- 16" Cast Aluminum Wheels
- Remote Keyless Entry
- Sunscreen Glass • Floor Mats
- And More • Stk. #8369



Price Before Disc. \$24,940
Fact. Promo Pkg. \$1,285
Factory Rebate \$3,000
Bodwell Disc. \$960
Save \$5,245 Reflects Rebate

EQUIPPED NOT STRIPPED

BUSINESS OWNERS SAVE EVEN MORE

"A Pleasant Shopping Experience"
RT. 1, BRUNSWICK
1-800-339-bill • 729-3375
BODWELL'S
www.bodwellauto.com



\$6,000 On All in Stock 2003 Dodge 1500 SLT Quad Cabs 4x4's!

NEW 2003 DODGE 1500 SLT QUAD CABS 4X4'S!
SPECIAL OFF ROAD PKG. OVERSIZED TIRES AND WHEELS
*Savings reflects rebate, discount package and dealer discounts!
0% Financing Available for 60 Months in lieu of rebate

- Air Conditioning
- Auto Trans
- Power Windows & Locks
- Cruise & Tilt
- CD Player
- Fog Lights • SXT Package
- 4 Wheel Drive • V-8 Engine
- Overhead Console
- Trip Computer
- Alloy Chrome Wheels
- Keyless Entry
- Much More • Stk#0439



SAVE

\$26,995 Price Before Disc. \$33,065 Save \$6,070

\$7,000 On All New 2003 Dodge Durango 4x4 Models

2003 Dodge Durango 4x4 Models
* Savings reflects rebate, discount package and Bodwell discount.

GOOD SELECTION!
0% Financing available for 60 months in lieu of rebate.

- Air Conditioning • Power Windows & Locks
- Cruise & Tilt • CD Player
- Running Boards & Wheel Flares
- Oversize 265x16 White Letter Tires
- 4.7 Liter V-8 Engine • Auto. Trans.
- Alloy Wheels and Much More



BUSINESS OWNERS SAVE EVEN MORE

\$23,995

\$8,000 Maximum Savings on Remaining 2003 Chrysler Town & Country LXI & Limiteds

NEW 2003 CHRYSLER TOWN & COUNTRY LXI & LIMITEDS

LXi • Stk#7835 **\$28,695** Price Before Discount \$35,920 SAVE \$7,225

Limited • Stk#5218 **\$29,915** Price Before Discount \$37,915 SAVE \$8,000

Prices Reflect Factory Rebate, Discount Pkg. and Dealer Discount

Music directory

Acoustic Coffee 32 Danforth St., Portland. 774-0404
The Alehouse 30 Market St., Portland. 253-5100.
American Legion Post #62 17 Dunn St., Westbrook. 856-7152.
Amigo's 9 Dana St., Portland. 772-0772.
Asylum 121 Center St., Portland. 772-0772.
Barbara's Kitchen & Cafe 388 Cottage Road, So. Portland. 767-6313.
The Big Easy 55 Market St., Portland. 871-8817.
The Big Kahuna Cafe 142 Main St., Bridgton 647-9031.
Bowdoin College Chapel Brunswick. 725-3321.
Bramhall Pub 769 Congress St., Portland. 773-9873.
Breakaway 35 India St., Portland. 541-4804.
Bridgeway Restaurant 71 Ocean St., South Portland. 799-5418.
Brian Boru 57 Center St., Portland. 780-1506.
Brooks Student Center Univ. of Southern Maine, Gorham. 780-5003.
Bull Feeney's 375 Fore St., Portland. 773-7210.
Casco Bay Lines 56 Commercial St., Portland. 774-7871.
Cathedral Church of St. Luke 143 State St., Portland. 772-5434.
Cathedral of the Immaculate Conception 307 Congress St., Portland. 773-7746.
Center for Cultural Exchange 1 Longfellow Sq., Portland. 761-1545.
Chocolate Church Arts Center 798 Washington St., Bath. 442-8455.
C.J. Thirsty's 726 Forest Ave., Portland. 775-6681.
Civic Center Between Spring and Free streets, Portland. 775-3458.
Clyde's Pub 173 Ocean St., South Portland. 799-4135.
Commercial Street Pub 129 Commercial St., Portland. 761-9970.
Cornhill Concert Hall 37 College Ave., University of Southern Maine, Gorham campus. 780-5555.
Crocker Theater Brunswick High School, Maquoit Road, Brunswick. 725-3895.
David's Restaurant 22 Monument Square, Portland. 773-4340.
Deertrees Theatre & Cultural Centre Deertrees Road, Harrison. 583-6747.
Digger's 440 Fore St., Portland. 774-9595.
Discovery Park L.L. Bean, Main Street, Freeport. (800) 559-0747 X37222.
Downeast Restaurant 705 Route 1, Yarmouth. 846-5161.
First Parish Church of Portland 425 Congress St., Portland. 773-5747.
The Flatbread Company 72 Commercial St., Portland. 772-8777.
Free Street Taverna 128 Free St., Portland. 772-5483.
Geno's 13 Brown St., Portland. 772-7891.
Granny's Burritos 420 Fore St., Portland. 828-1579.
Gritty McDuff's 396 Fore St., Portland. 772-2739.
Happy Cooking 78 Island Ave., Peaks Island. 766-5578.
Headliners 35 Wharf St., Portland. 773-1570.
The Igguana 52 Wharf St., Portland. 871-5866.
The Industry 50 Wharf St., Portland. 879-0865.
Jonathan's Restaurant 92 Bourne Lane, Ogunquit. 646-4777.
Kennebunk Coffeehouse Routes 1 and 35, Kennebunk. 229-0212.
Kresge Auditorium Bowdoin College, Brunswick. 725-3321.
Liquid Blue 446 Fore St., Portland. 774-9595.
Local 188 188 State St., Portland. 761-7909.
Ludke Auditorium UNIV. 716 Stevens Ave., Portland. 797-7261.
Mast Cove Galleries Mast Cove Lane, Kennebunkport. 967-3453.
Mathew's Lounge 133 Free St., Portland. 253-1812.
The Mercury 416 Fore St., Portland. 879-4007.
Merrill Auditorium 20 Myrtle St., Portland. 842-0800.
Moose Crossing Steakhouse 270 U.S. Rt. 1, Falmouth. 781-4771.
Old Port Tavern 11 Moulton St., Portland. 774-0444.
Old Port Tavern 75 Russell St., Bates College, Lewiston. 786-6252.
Olin Arts Center 175 West Benjamin Pickett St., So. Portland. 767-3611.
The Pavilion 188 Middle St., Portland. 773-6422.
Plush 54 Wharf St., Portland. 774-9595.
Portland Conservatory of Music 116 Free St., Portland. 775-3356.
Portland Museum of Art 7 Congress Square, Portland. 775-6148.
Portland Public Market 25 Preble St., Portland. 228-2000.
Pub 21 (Fifties Pub) 223 Congress St., Portland. 771-5382.
Red Hook Brewery 35 Corporate Drive, Portsmouth, NH. (603) 430-8600.
Rick's 100 Congress St., Portland. 775-7772.
RiRa 72 Commercial St., Portland. 761-4446.
The River Tree Center for the Arts 35 Western Ave., Kennebunk. 967-9120.
The Roost Chicopee Road, Buxton. 642-2148.
St. Lawrence Arts & Community Center 76 Congress St., Portland. 775-5568.
Saco River Grange Hall Salmon Falls Road, Bar Mills. 929-6472.
Sierra's Bar & Grill Routes 25 and 114, Gorham. 839-3500.
Silly's Restaurant 40 Washington Ave., Portland. 772-0360.
Silver House Tavern 340 Fore St., Portland. 772-9885.
Sisters 45 Danforth St., Portland. 774-1505.
Slates 169 Water Street, Hallowell. 622-9575.
Sky Bar 188 Middle St., Portland. 773-6422.
Somewhere 117 Spring St., Portland. 871-9169.
South Freeport Church 98 South Freeport St., Freeport. 865-4012.
The Space 538 Congress St., Portland. 828-5600.
Starbird Recital Hall 525 Forest Ave., Portland. 775-2733.
State Theatre 509 Congress St., Portland. 775-3331.
The Station 272 St. John St., Portland. 773-3466.
Three Dollar Dewey's 241 Commercial St., Portland. 772-3310.
Top of the East 157 High St., Portland. 775-5411.
Una 505 Fore St., Portland. 828-0300.
The Underground 3 Spring St., Portland. 773-3315.
Wizard's Main St., Presque Isle. 764-0144.

Thursday 25

Acoustic Coffee
Open Mic Night (7:30pm)
The Alehouse
RAQ (9pm/21+)
Barnhouse Tavern
DJ Jim Casey (9pm)
The Bramhall Pub
The Jerks of Grass (bluegrass/9:30pm/21+)
Brian Boru
Stream (Reggae/9pm/21+)
Bull Feeney's
Governor Vessel (8pm/21+)
Free Street Taverna
Green & Bosse w/Hollerin Man (9:30pm/21+)
Headliners
DJ Baby J (9pm/21+)
McGillcuddy's (Brunswick)
Ken Grimsley and Dave Dodge (acoustic)
Old Port Tavern
Karaoke w/DJ Mike C (9:30pm/21+)
The Station
DJ Cougar/Karaoke (9:30pm/21+)
Three Dollar Dewey's
Jones & Elliot (6pm)
Una
Classic Cuts w/ DJ Jack (9:30pm/21+)

Friday 26

Acoustic Coffee
Poetry Slam (7:30pm)
The Alehouse
Amorphious Band (9pm/21+)
Bramhall Pub
Karaoke w/Don Corman (10pm/21+)
The Breakaway
Jenny Woodman (9:30pm/21+)
Bridgeway Restaurant
Bobby Laine (Piano/6pm)
Brian Boru
Pneuma (9pm)
Bull Feeney's
Jerks of Grass (9:30pm/21+)
Clyde's Pub (South Portland)
A2Z (9pm)
Free Street Taverna
Santiago & Moshe (9pm/21+)
Granny Burritos
Muddy Marsh Ramblers (Bluegrass/9pm)
Greenwood Gardens (Peaks Island)
Carol Noonan (8pm)
Headliners
DJ Seanne (9pm/21+)
The Mercury
12inch Zombies-Laree Love/Moshe/ Nicotine w/ Richard Sin (9pm/21+)
Old Port Tavern
Strict 9 (rock/9pm/21+)
RiRa
Sly Chi (10pm/21+)
The Space
Tony Malaby/The Apparitions Quar-

tet (8:30pm)
Una
DJ Mike Said
WMPG 90.9/104.1
Amos Libby & David Pontbriand

Saturday 27

Acoustic Coffee
Open Mic Night (7:30pm)
Bridgeway Restaurant
Bobby Laine (Piano/6-10pm)
Bull Feeney's
Christian Hayes
Element(9:30pm/21+)
Clyde's Pub (South Portland)
A2Z (9pm)
Center for Cultural Exchange
Sudanese Cultural Celebration w/Emmanuel Kembe (8pm)
Free Street Taverna
Mark Rankin CD Release Party (9pm/21+)
Gritty McDuffs
Coby Carlucci (9pm/21+)
Headliners
DJ Baby J (9pm/21+)
Old Port Tavern
Strict 9 (rock/9pm/21+)
RiRa
The Grumps (10pm/21+)
Starbird Recital Hall
Illuminations David Pontbriand/Amos Libby (7:30pm)
State Street Church
Maine Chamber Ensemble (7:30pm)
Ushuala (Orono)
Emptyhead (5pm/18+)

Sunday 28

Big Easy
DJ Jay (10pm/21+)
Brian Boru
Irish session music (3-7pm)
Center for Cultural Exchange
JP Cormier (7:30pm)
David's Restaurant
Jenny Woodman Acoustic Duo (6pm)
Free Street Taverna
Open Mic w/ Tyler of Sly Chi (9pm/21+)
Gritty McDuffs
Zion Train (9pm/21+)
Old Port Tavern
Karaoke w/ DJ Mike C. (9:30pm/21+)
Olin Arts Center Bates College (Lewiston)
Maine Chamber Ensemble (3pm)
RiRa
Live Jazz Brunch (11am)
The Station
DJ Cougar/Karaoke (9:30pm)
Three Dollar Dewey's
Anne Marie Smith (4pm)

listening posts

Monday 29

Acoustic Coffee
Soapbox Night (7:30pm)
The Big Easy
Ryan McCalmon (10pm/21+)
Free Street Taverna
Hip Hop Open Mic w/ Boon Doox (9:30pm)
Old Port Tavern
Karaoke w/ DJ Sid (9:30pm/21+)
The Station
DJ Cougar/Karaoke (9:30pm)

Tuesday 30

The Big Easy
Sly Chi (funk/10pm/21+)
Bridgeway Restaurant
Al Doane Jazz Jam (7-10pm)
Bull Feeney's
Open Mic (8pm)
Free Street Taverna
Riddim & Roots (reggae/9:30pm/21+)
The Mercury
The Lesson w/ Moshe/DJ Mota/ Kid Ray (10pm/21+)
Old Port Tavern
Karaoke w/ DJ Sid (9:30/21+)
RiRa
Pub Quiz (8pm/21+)
Una
DJ Marcus Cain

Wednesday 1

Barbara's Kitchen
Spiral Music Productions (Jazz/8pm)
The Big Easy
Zion Train (reggae/10pm/21+)
Breakaway
The Maine Songwriters Showcase (8pm/21+)
DownEast Restaurant (Yarmouth)
Port City Jazz (7pm)
Old Port Tavern
Karaoke w/ DJ Mike C. (9:30/21+)
Ri Ra
Mike O'Brien (Irish/6pm)
Top of East
Dave Briggs Jazz Duo (7pm/21+)

Got a gig? Is the next big thing coming to your club or venue? Casco Bay Weekly wants to know! Please send your music listings (including date, location, performer, genre, and time, to Listings, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101, fax: 775-1615, or e-mail: listings@maine.cc.com. Listings must be in by the Thursday prior to publication.



TO PLACE YOUR FREE 40 WORD AD, CALL:
1-800-972-3155 for a customer service representative or 1-888-232-9539 for our new 24 hour automated system

TO REPLY TO AN AD, CALL: 1-900-226-2190 • \$1.99/minute
or purchase a prepaid Block-of-Time to use on the 900# service with credit card: 1-877-811-5515

Female Seeking Male

31-YEAR-OLD, PETITE SWF, blonde/blue, like playing cards, dancing, music, very honest and caring, love to laugh. Looking for N/S, attractive SM to share interests and future LTR. #85160

ATTRACTIVE, PETITE, WELL-EDUCATED, retired professional, N/S, social drinker, early 60s. I am a jazz devotee. Reading and walking are my interests and hopefully yours, too. You are an interesting Gentleman capable of sharing special moments. #85129

ATTRACTIVE, PROFESSIONAL, FUN-LOVING, kind SWF, 34, 5'5", 117 lbs, blonde/brown, enjoys running, golfing, skiing, outdoor activities, playing music, friends and festivities. Seeks same in Male counterpart for fun and companionship. The sky's the limit, so drop me a line. #85133

BEE N A GREAT summer. Met some nice Men but I'm still looking for you. Someone ready to welcome new love and the glorious days of autumn. To share the gifts of laughter and joys of life. Sound like you? #85189

DWF, 39, 5'3", full-figured, brown/brown. Mother of a 12-year-old. Work full-time. Enjoy music, dancing, outdoors, go to the gym daily. Honest, caring, loyal. Looking for honest, caring, open Man. Looking for a monogamous relationship. #85027

DWF, 5'2", EYES of blue, attractive, full-figured, shining attributes. Waiting to share life with Single, unmatched Male. 37-52, N/S, L/D, financially secure, enjoys dining out, movies, traveling, family, friends, animals and spending time with the one you love. #85020

DWF, 62, ENJOY dancing, country music, dining out, cooking, movies, spending time with family, staying home relaxing. ISO SWM, good-natured, honest, caring. I'm N/S, social drinker, not into head games. #85190

ENCHANTED SOULFUL LOVE. 37-year-old, 5'4", attractive DWF. We are N/S, spiritually, emotionally and physically fit, centered and spontaneous. We love laughter, joyous living now, magic moments, pets. We orbit to each other, are ready for it all... slowly. Find me now. #85094

GRACEFUL, ATTRACTIVE, SMART, trim, affectionate French Widow. Enjoys travel, dancing, swimming, cooking, cuddling and laughter. ISO N/S, respectable, romantic, sincere, secure, retired Widower, 65-80, to share interests, love and life. Portland vicinity, please. #85127

LIFE'S BEAUTIFUL... MORE so shared. Petite, attractive, energetic SWF, older, wiser, 62. Desirous of cultivating friendship, possible committed relationship. Interests: home, health, quiet country living, books, music, theater, gardening, hiking, cross-country skiing, Jungian psychology, evolutionary spirituality, nature mysticism. #85098

LOOKING FOR MR. Right. Plus-sized SWF, 43, 5'9", brown/hazel, enjoy dining in or out, slow dancing, walks on the beach, quiet evenings, cuddling and holding hands. Desire S/DWM, 40-50, for friendship, LTR. Portland area only. #85007

LOOKING FOR FRIEND this fall. Thoughtful, nice, attractive, full-figured, intelligent, educated, independent, well-rounded, spirit-filled African-American DF, 43, 5'7", childless, enjoys cooking healthy, shopping, moonlit walks, the lake. Seeking honest, secure, humorous Gentleman. Race open. Companionship, possible LTR. (LA) #85099

SINGLE EARTHLING WOMAN, 51, physically, mentally and emotionally fit. ISO chemistry with earthling Man to be friend and companion. #85022

SUNDAY KINDA LOVE! Know that tune? If you like to read the New York Times in the mornings, cuddle the afternoon away and have a lovely intimate dinner in

the evening, call me! I'm a shapely, mid-50s professional Woman looking for a Man, 50-65, with wisdom, humor and intelligence, who is looking for a love that lasts. #85126

SWF, 5'8", ATTRACTIVE, blonde/green, late 40s, professional, Seeking tall, self-assured, honest, intelligent, N/S Male to enjoy dining, dancing, good conversation and just relaxing. #85137

Male Seeking Female

24-YEAR-OLD, HANDSOME, RETIRED Army Guy who loves the outdoors, movies, "Bad Girls". I'm a night-club APB DJ executive. I'm seeking a wonderful Woman, 25-32, for a possible relationship. #85047

37-YEAR-OLD, VERY NICE, handsome, intelligent, athletic and financially secure. Enjoys skiing, golfing, sports, fitness and being with friends. Seeks slender, sexy, intelligent, fun, 25- to 37-year-old SWF with similar interests, for dating, possible LTR. #85013

ATTRACTIVE, EASYGOING SM, Widower, 46, good sense of humor, open-minded, outgoing, zest and passion for life. Looking for Lady with same. Enjoy long rides, music, walks on beach, mountains. Looking for Lady who's also sensual, passionate and romantic (as I am). #85175

ATTRACTIVE MAN, 54, artistic, energetic, adventure-some, financially secure, n/s, n/d, seeks Female partner to travel, coparent our children (9, 10 and 15). Further develop our potential. #85030

AUTUMN ADVENTURES. 49-YEAR-OLD Widower would like to meet similar age Female who enjoys New England in the fall, hiking, cycling, casual walks in the woods. Companionship and friendship first. #85134

BRUNSWICK AREA WM, 40s, steady boyfriend material, seeks happy, sincere, preop TS girlfriend for monogamous relationship. A thoughtful Woman who enjoys the outdoors, creative pursuits, good communications, has spirit, spunk, a nice laugh, great sense of humor. Any race appreciated. #85010

CARING, HANDSOME, ADVENTUROUS SBPM, 47, well-traveled, funny, well-educated. Seeking WF for friendship and relationship. (CT) #85057

DOESN'T MAKE SENSE. Why can't I find a unique, adorable, sharp, extremely romantic, bighearted young Lady? I'm the same, self-employed, 40, successful, lots of fun, Seeking my partner, best friend for finer things. Ciao, bella. (MA) #85009

DWM, 35, LIGHT brown/blue, likes sports, camping, outdoor activities, having a good time. Looking for SF for dating, maybe LTR. Must have good sense of humor and love to have fun. Age and race unimportant. Kids ok. #85042

EASYGOING DWM, 44, 5'10", 180 lbs, N/S, L/D, financially secure, enjoy doing almost anything outdoors (biking, motorcycling, hiking, kayaking, camping, softball, basketball), beaches, movies, music and variety of other things. If this interests you, give me a call! #85038

EASYGOING SWM, 40s, young-looking, healthy, average build, brown/blue, seeking friendship, dating with easygoing, average- or good-looking Female in the Portland area, who can cope with someone who works afternoons and weekends. N/S. Social drinker ok. #85021

ENERGETIC OUTDOORS TYPE. SWM, 61, 195 lbs, tall, slender, average, self-employed, n/s, passionate, understanding. Seeking a warm, friendly, romantic Lady, 40-45. You are active, into sports and outdoors, creative, homemaker, country type who's natural, with a love of life. Ready to build an involved relationship. Getting to know each other can be fun and interesting hard work, along with a sincere effort. Friendship first,

then building memories and a lasting relationship. There's a place for you (and your children) at my country home. #85108

GREAT QUALITY TIME and great benefits. Are you absolutely positively looking for someone? Are you 40-60, N/S, N/Drugs, light drinker? Are you fit, decent, honest, loyal, dependable, open, flexible, outgoing, communicative and romantic? I'm all of that... plus. It's your move. #85003

HONEST, ROMANTIC SWM, 47, never-married, no children, looking to meet easygoing, romantic, reasonably in-shape SWF, 35-40, with a romantic side. I enjoy sports, movies, dancing, dining, going to the beach, concerts and life. If interested, call! Hope to hear from you. #85000

ISLAND GUY! ATHLETIC SBM, hard worker, 37, 6', 186 lbs, healthy, N/S, with marriage intentions. Seeking healthy, athletically built, working, N/S Female, 27-42. #85119

NEED A FRIEND. 39-year-old, nice, respectful, kind, gentle, easygoing, shy BM, N/S, N/D, looking for a Woman with similar qualities, who would like to attend movies, nice dinners and long drives with me. Race and age unimportant. #85086

ROSES, CARROT CAKE. SWM, 6'1", grayish hair and beard, light blue eyes, physically, emotionally and spiritually fit, SOH, romanticist. Seeking attractive SWF, 49-55, who is also seeking a partner and knows she deserves love and nothing less. #85154

SEEKING IRISH LADY gardener, preferably blonde, who enjoys birds and films like "Winged Migration." A Woman centered in Celtic spirituality, who can forgive and understand the blessing of an imperfect life. Let's meet for dinner and more conversation. #85131

SM, 48, 5'10", 175 lbs, vegetarian, N/S, looking for yogi soulmate. Other interests: international music, fiddle, cinema, hiking, camping, woods, mountains, plain living, high thinking, reading, beaching, leftist politics and love. #85162

SM, 5'11", 175 lbs, brown/blue, excellent shape, easygoing. I enjoy being outdoors, hiking, picnics, the beach and being active. #85035

VERY HANDSOME MAN, 45 (look 30s), 6'4", 195 lbs, nice build, funny, intelligent, caring, very successful, outdoors person. Looking for pretty Lady with beautiful eyes, slender, outdoorsy, intelligent and sweet. #85040

Alternatives

M Seeking M

43-YEAR-OLD SWM, 5'11", 185 lbs, looking to connect with Guys, 20s to early 40s, for friendship, possible LTR. Enjoy long walks, music, the water, lots of cool stuff. If you relate, perhaps we could chill over nice cup of ice coffee. #85102

50-YEAR-OLD, ATTRACTIVE, MASCULINE Male, 6', 185 lbs, available to older Male. Must be healthy, discreet and imaginative. Unusual variations are ok. #85066

50-YEAR-OLD MARRIED BIWM, 5'9", 200 lbs, clean and discreet, L/D, N/Drugs. Seeking Men, 40 or over, who are well-endowed, who would like to be relieved. Must be clean, neat, discreet and willing to meet me in Norway. #85039

BRUNSWICK AREA. HUMOROUS, young-looking GWM, 52, 5'6", 165 lbs, brown/brown, ISO honest, sincere, loving SM, 45-55, N/S, N/D. Call me and let's get together. All calls will be returned. #85152

CREATIVE AND ADVENTUROUS Male, 50, healthy. Searching for daytime bottom excitement in York county. I'm a very giving person. Drug-free and healthy... you be, too. #85138

GENEROUS AND GIVING, very perceptive GM, 43, 5'8", dark brown/blue, in good shape, searching for adventure, fun and a long-lasting friend and relationship. Desires another Male, 20-38, 5'11", for companionship and togetherness. #85078

GM SEEKING SINCERE GM with similar interests: diners, walks, movies, camping, boating, perhaps sharing a house. Possible long-term. Let's talk over coffee. I'm a N/S, social drinker, not into bar scene, early 50s, N/Drugs. Interested? Call with number and best time. #85001

HANDSOME GWPW, 43, 5'8", 175 lbs, blonde/blue, N/S, easygoing, laid-back, good sense of humor... enjoying life! Interests: theatre, movies, music, outdoors, quiet home nights. ISO handsome GWPW, mid-30s to early 50s, N/S, H/W/P, good values, similar interests, emotionally available. Dating, relationship. #85130

LIFE. NOT A rehearsal. What if I did or didn't do this or that? So I'm doing this. If we meet and it's worth the meeting, bravo! I'm middle-aged Man looking for realistic romantic to help solve the riddle called life. #85132

MALE SEEKING MALE. 38 years young, HIV+, healthy, 5'10", 160 lbs, smooth, brown/hazel-brown, romantic, honest, sincere, caring. Seeking a good Guy, 25-45, who is also real, H/W/P and who is not into the bar scene. #85041

NO GAMES. TIRED of all the head games? So am I. I'm a slender, 5'6", 39-year-old WM with black hair and hazel eyes. Looking for friendship and Mr. Right. #85115

WM, 39, NO experience, seeks similar WM to explore mutual first-time experiences. Prefer similar age or younger, clean-cut, not excessively overweight, who is also honest, caring, sensitive and emotionally available. I am healthy, drug-free and discreet. You be, too. #85135

Female Seeking Female

ATTRACTIVE REAL LESBIAN, 39 years old, interested in dating, romance and spending time with the right Woman, possible LTR. Passions consist of the ocean, Acadia National Park, dining in and out, movies, walks, talks and long drives exploring. #85103

Wild Side

50-YEAR-OLD, HEALTHY MALE searching for fun and adventure with Couples or Singles, York County area. I'm very comfortable with my body and talents. Would like to share them. I'm a giving and caring person. Drug-free. You be, too. #85139

ADVENTUROUS, IMAGINATIVE, SEXY, fun SWF, 50s, 5'4", slender, variety of interests (indoors and out). Seeks friendship with busty, 40- to 60-year-old Lady for sensual fantasy fulfillment. May join for threesome with my well-equipped Male friend. Southern Maine. #85014

ALMOST VIRGIN! 45-YEAR-OLD White Male ISO older, dominant Woman to teach me to please a Woman and discipline me. I'm 5'8", 230 lbs, gray/brown, healthy, drug-free and N/S. You be, also. Race and looks unimportant. #85097

ATTENTION, NUDISTS. 38-YEAR-OLD PM, 6'1", 190 lbs, seeking other attractive Males or Females under 45, who enjoy nudity indoors or out. Gay, BI or straight. Let's have some fun under the sun this summer. No weirdos. #85028

BI WHITE MALE, 45, 6', 190 lbs, into cross-dressing, seeking others who are also into cross-dressing. #85161

BI-CURIOUS MALE. MARRIED White Couple seeking BIWM, 30-50, to add spice to our relationship. We are healthy and ask for the same. Looking for discreet adult fun. We're into adult toys, movies and dressing up. #85163

BI-CURIOUS FEMALE, MID-30s, N/S, N/D, seeking another bi-curious Female, 21-42, N/S, race open. If this sounds good, drop me a line! #85121

BIMWM, 50s, 5'6", 170 lbs, seeking other Males for discreet no-strings relationship. Must be healthy. #85023

BIWM, ATTRACTIVE. 44, totally submissive, seeking dominant Males, Females or Couple. Will totally submit to your pleasure. (NH) #85031

CROSS-DRESSER FANTASY. I am looking for a personable Woman who can put makeup on me and dress me up so I can experience cross-dressing. One-time only. Just want to try it. #85104

CURIOUS WM, 45, 6'1", 200 lbs, seeking Singles and Couples for orally good times. Clean and discreet (same), please! #85184

HOT REDHEAD, 39, 6'2", 185 lbs, hazel eyes, long red hair, goatee, looking for mutual satisfaction from hot BI, straight or Gay Males. Portland and southern Maine area. Messages available. #85183

JUST FUN PLAY at the lake house. Want to have some fun? Tired of being in control all the time? Discreet professional BIF wants to boss around a shy, discreet BIF, 25+. Nothing hardcore, just fun play. Call for an interview. #85120

KINKY MASTER. LEWISTON GWM, versatile top, clean-cut, well-endowed, ISO clean-cut, well-endowed GWM, versatile bottom, 21-35 only. Must be H/W/P, slim, less body hair the better, willing to be dominated, indoors or out, 24/7. Call to "in-lit." #85105

LAY BACK, RELAX. Let this BIM take a load off your mind. You be pleasant, very healthy, disease-free and ready to have a great time. Please call now. #85074

MALE, 41, LOOKING for a Female who would like to experience erotic times, nudism under the sun and discreet fun in the afternoon. Call me. #85026

MARRIED WHITE COUPLE. He's 48, 5'6", 180 lbs, straight. She's 39, 5', 100 lbs, possibly bisexual. Seeking BM. Disease-free, drug-free. You be, too. Wife wants to be your sex toy, also interested in Black Male bachelor party. No strings, just fun. #85008

MVC ISO N/S, healthy, friendly Female for wife's threesome fantasy. We are not models, you don't need to be either. Race, age unimportant. Large breasts a plus but not necessary. Select Couples also welcome. #85064

MVC WOULD LIKE to meet Single or Married Female for a very discreet relationship. My wife would like to

join us and is very interested in having sex with another Lady but I would have to meet with you first. #85049

OLD BUT HEALTHY, good-looking, clean BM ISO Male experienced in giving oral service. You must be clean, no drugs or diseases, clean-shaven and know what you are doing. Days at my place. No reciprocation. Bi, Gay or Married ok. #85004

PORTLAND AREA BIMWM looking for BiMWM. Me: 35, 6'2", 145 lbs, very discreet, inexperienced, easygoing, looking to talk with average Guy, 35-55, who is also very discreet. #85124

PREOP TRANSEXUAL, TALL and pretty, 38 years old, looking for a boyfriend, someone who's decent-looking, who has a job and is looking for a relationship. #85006

SBIWM, 41, ISO Bi Couple, Female or a SBIM for discreet encounters. I'm very oral. Please be well-endowed and able to host. Discretion a must. Please, no over-weights. Blacks very welcome. If this is what you're looking for, please call. #85048

SBM, 36, PROFESSIONAL, swinger from Florida to Maine, special, open to communications, creative, active, well-endowed. Seeking WF's, heavyset and White Couples who want to experience with a BM. Interests: stay overs, getaways, nights out. Please be decent, healthy. Prefer heavyset Women. #85092

SEXUALLY DIVERSE WM, 49, 160 lbs, 5'11", no hair anywhere, physically fit, erotic, sensual, passionate, N/S, N/D, N/Drugs, clean and disease-free. Seeking sexually diverse White Male or Female, 35-65, with similar qualities, for get-togethers and mutual growth. #85012

SM INTO NUDISM, looking for people to get together and be friends with, interests are nudism, movies and dining out. #85005

STANDISH, SEBAGO AREA. Me: slim, discreet GWM, 50. ISO slim, sexy, discreet GM for hot times together. Winter is coming... just the two of us! Call. #85051

TALL, ATHLETIC, PERSONABLE, 50s Male would like to meet a Couple or Single for fun, games or perhaps a sensuous massage. I'm healthy, with a variety of interests. Open to suggestions. #85036

YOU ARE A good-looking Guy, a bit on the macho side and your friends don't know you like to get off by the pizza delivery Guy. Let me deliver for you. #85136

©2003 PC LLC • 18+

Local Dateline
24/7 Friendly Customer Service (800) 289-4369

Portland
(207) 253.5200
free code 1886

FREE To Browse & Reply To Voice Personals!

MEET HERE
For Portland's Alternative Locals
(207) 828.0000
free code 3263

MEGA phone

Browse Ads & Send Messages FREE!

free will astrology

Week of September 25 • ©2003 Rob Brezsny

ARIES (March 21-April 19): This is a perfect astrological moment for you to become more receptive. Aries. That doesn't mean you should become a lazy do-nothing in your waking life, you should expose the dangers posed by fuzzy-brained catalysts, no matter how well-intentioned they might seem. Here's another possible interpretation: Be on the lookout for polite manipulators who use their sweet charm to get their selfish way.

SAGITTARIUS (Nov. 22-Dec. 21): My friend Jane Heaven lives by a motto that would be a good tonic for you this week: "the ruthless truth, kindly told." In other words, it won't be smart or effective for you merely to expose the sticky subtexts that everyone's trying to avoid dealing with. You'll have to convey those unsettling revelations with all the tender compassion you can muster. Expressions of tough love will be half-assed unless the love is at least twice as big as the toughness.

CAPRICORN (Dec. 22-Jan. 19): "Artist Jeff Koons, author Martin Amis, and musician Sean 'Puffy' Combs once had a genius for knowing how the times were changing," wrote Nicholas Bilcoec in "Black Book" magazine. "They always managed to stay ahead of the curve. Then, suddenly, instead of surfing the waves, they scrambled for dry land. Each tried to conjure up stability and solidity through more and more monumental undertakings. They lost their former lightness and fluidity, becoming mired in pomposity." This is a worthy meditation for you, Capricorn. Every successful person, you and I included, has periodically negotiated the turning point that brought us so far. But this is a perfect time to release your attachment to and dependence on your past triumphs, and go off in quest of fresh magic.

AQUARIUS (Jan. 20-Feb. 18): It'll be a good week to do all of the following: play soccer in the kitchen with Barbie doll heads; wake up in the morning to salsa music and start dancing while you're still half-asleep; talk about your problems until you've talked them to death; get the equivalent of a first kiss or a last laugh; seek out a mystical sign from an enigmatic saint wearing black gloves and a wry smile; call yourself Mumso, Mutny, or Goodmaster as you upgrade your graffiti-scrawling skills; join Charles M. Young's campaign to change the name of the Pentagon to the "Emma Goldman World Cathedral of Ecumenist Goddess Worship," and be a vivid embodiment of Deena Metzger's idea that "Beauty appears when something is completely and absolutely and openly itself."

PISCES (Feb. 19-March 20): Have you ever played the game of "Tell me the story of all your scars?" It's best to do it when you want to break through to a deeper level of intimacy with a friend or loved one. "How'd you get that blotch on your knee?" he or she begins, and you describe the time in childhood when you fell out of a tree onto the sidewalk. Then maybe he or she says, "Why do you always look so sad when you hear that song on the radio?" And you narrate the tale of how it was playing when an old flame broke your heart. The questions and answers continue until you unveil the entire history of your hurts, both physical and psychic. I suggest you treat yourself to this ritual in the coming week. Pisces. The astrological omens suggest you can achieve a miraculous healing in the presence of a good listener who is curious about your mysteries and skilled at helping you find redemption in your wounds.

VIRGO (Aug. 23-Sept. 22): Please remember that you are not competing in a sprint. Virgo. You are running a marathon. You should therefore be sure to pace yourself and not be overly concerned about the fast-starters who have sped ahead of you. I also advise you to clear your beautiful mind of envy and self-doubt, as well as the pushy expectations of people who don't know the intricacies of what you're doing. Now here's the most important thing: Use your fine mind to figure out how to be motivated by pleasure, not pressure.

LIBRA (Sept. 23-Oct. 22): Here are tasks you should studiously avoid in the coming week: painting the bathroom, fixing the smoke alarm, changing the burned-out light in the hallway, getting an air freshener for the car, and buying new batteries for the TV remote control. According to my analysis of the astrological omens, you should instead seek out the following kinds of experiences: Delight in your sudden access to spiritual resources that have been closed to you before; commune with beauty that does not depend on artifice; and capitalize on your new ability to change something about your life that you thought would remain stuck forever.

SCORPIO (Oct. 23-Nov. 21): On the eve of the American Revolution in 1775, Paul Revere rode his horse from Charlestown to Lexington, MA, warning the local population that an invasion force of British troops was on its way. Last night I dreamed you were like a modern Paul Revere, only instead of yelling "The British are coming!" you were shouting "The smiling agents of

Comment on Nietzsche's
belief that
"One must have chaos
within oneself if one is to
be a dancing star."
Testify at
www.freewillastrology.com.

Classifieds

To place a Classified Ad:

Call 775-6601
or toll free (800) 286-6601
Fax 775-1615

Visa • MasterCard Accepted

READERS ARE CAUTIONED that we occasionally run ads that require an initial investment or money in advance. We urge our readers to "do their homework" before responding to any ad, check out the advertisers thoroughly and verify their claims to your total satisfaction. Only then should you proceed at your own risk. We try to screen ads that require you to send money before receiving a product or service. But these efforts are no substitute for your own investigation, and we don't endorse or guarantee any claims made in any of the ads we publish. If you want more information about claims made in ads on subjects such as work at home opportunities, travel or vacation specials, purchasing land or vehicles from government surplus or below wholesale, loans or other credit opportunities (including credit repair), or weight loss and other health products or services, we urge you to contact the Better Business Bureau, Inc., 20 Park Plaza, Suite 820, Boston, MA 02116-4344. Call (617) 426-9000. Or the Office of Consumer Affairs and Business Regulations. To report an ad that is suspected to be a scam please call (888) 495-8501.

AUTOMOTIVE

GAS TANKS

New Gas Tanks at Wholesale Prices. \$99.00 for most GM, FORD, & CHRYSLER. \$119.00 for most imports. Buy Direct from the Distributor. Call us Toll Free Mon - Fri. 9 - 5 at 1-800-561-8265. TFN

RADIATORS

GAS TANKS, OIL PANS & SENDING UNITS. 99% chance you will have your part tomorrow. Wholesale prices, major brands. No sales tax. 1-800-827-4323 or 1-603-358-3036. Radiator Express, Inc.

REAL ESTATE

HOMES FOR SALE

\$0 DOWN HOMES - Government & bank foreclosures! HUD, VA, FHA. Low or no down! No credit OK! For listings 800-501-1777 x 2798.

REVERSE MORTGAGES!

SENIOR HOMEOWNERS! No payments until you permanently leave your residence. Government insured, no qualifying. Call Frank Costa 1-800-974-4846 x 229. Continental Funding, Stoughton, MA. www.cfc-reversemortgage.com

NEW HOUSE? Addition? RENOVATION?

THE OWNER/BUILDER NETWORK can help. Financing, discounts, reference-checked subs, schedules, paperwork! You dream it, we'll help you build it! CHECK our website for upcoming homeshows classes and seminars. www.ownerbuildernetwork.com. 518-692-7705 OR 1-877-626-2453.

LOG HOME KITS

Wholesale log home building packages sold to everyone! Great low prices! Nationwide delivery! www.logcabinhomes.com. 1-800-56CABIN.

HOUSES FOR RENT

STOP RENTING!!! \$0 Down Homes! No Credit OK! 1-800-501-1777 ext/ 2794.

LAND FOR SALE

ARIZONA LAND LIQUIDATION. Near Tucson. Football field sized lots. \$0 Down/ \$0 Interest/ \$99/month (\$995 total). Free information. Money back guarantee! 1-800-682-6103 Op #16. No salesperson will call.

HEBRON COUNTRY ESTATE:

5 acre plus, beautiful picturesque "White Mountains". View lots. Minutes from Hebron Village and new found lake. Contact Larry 603-744-8185 or www.hebroncountriestates.com

BUSINESS/FINANCIAL

FREE GRANTS

Never repay, Acceptance guaranteed. \$500. - \$500,000. Education, Home Repairs, Homes, Business. Live operators. 9 am - 9 pm Mon. - Sat. 1-800-893-2517 x 1014.

FEELING OVERWHELMED WITH DEBT?

Our non-profit credit counseling organization can help you manage debt! Call 1-866-894-9858 for FREE CONSULTATION!

BUSINESS OPPORTUNITY:

Own your "Monopoly" applying new deck restoration system. Exclusive territories now available! Call 1-877-DEK-COTE, or go to www.ProTexDex.com.

OWE THE IRS?

Get instant relief. PAID PENALTIES GET REFUND FSTN. Call Nick today, 1-800-487-1992. www.fstn.org.

OWN A DOLLAR STORE. 1-800-227-5314.

FREE SECRETS: from Internet millionaires. How you can become successful. So order today by contacting www.ezinfocenter.com/8302660 and receive your free book, audio cassette, CD-ROM, special reports and much more.

EMPLOYMENT

\$1,000 WEEKLY POSSIBLE Mailing Brochures From Home! Easy! Free Supplies! Genuine Op-

portunity. 1-800-749-5782 (24 hrs).

WANTED: 29 PEOPLE TO LOSE WEIGHT:

"WE PAY YOU". 1-888-248-6359. Anthony lost 40 lbs in 4 months. Art lost 58 lbs. in 10 weeks.

GET PAID TO SHOP:

Mystery Shoppers earn \$25/ Local area stores. Free merchandise, movies, meals and more. www.Search4Shoppers.com/106

WANTED 29 PEOPLE:

Work from home, up to \$1500 to \$7500 a month PT/FT. 888-202-4544 or 978-343-0199, www.good-fortunestoall.com

GOVERNMENT POSTAL JOBS

Now Hiring! Up to \$47,578 per year. Full and part time. Paid training, full benefits, vacations. Information and applications. Call 800-573-8555, Dept. P-334.

\$2500+ WEEKLY INCOME!

Now hiring envelope stuffers. 10-year nationwide company needs you! Easy work from home. Free postage/supplies provided. Written guarantee! Free information. Call now. 1-800-242-0363, ext. 1404.

JobsinNewEngland.com - All industry employment and career advancement source with a focus in Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island and Vermont.

ANNOUNCEMENT: NOW HIRING:

Postal Positions. \$14.80/\$38+/Hr. No experience necessary. Entry level with full benefits. Paid training. Call 7 days for info toll free. 1-888-826-2513, ext. 707.

EARN UP TO \$550 WEEKLY:

Working through the government part-time. No experience. A lot of opportunities. 1-800-493-3688. Code X-54

\$875.00 WEEKLY INCOME:

Mailing our postcards from home. No experience necessary. FT/PT. Genuine opportunity. FREE supplies. CALL 1-708-686-0300 (24 hours).

BARTENDER TRAINEES NEEDED!

\$250 a day potential. Local positions. 1-800-293-3985, ext. 1166.

MERCHANDISE

T-SHIRTS

Custom Printed. \$4.50 heavy-weight. "Fruit of the Loom", Hats, \$2.75, Mugs & more. Free Catalog. 1-800-242-2374. Berg Enterprises. 40.

VIOLIN, FLUTE, CLARINET, TRUMPET

Trombone, Fender Guitar Amplifier, \$69 each. Upright bass, cello, saxophone, French horn, drums \$185. each. Tuba, baritone horn, Hammond Organ, others 4 sale. 1-516-377-7907.

SHEDS - STORAGE BUILDINGS:

Any size, any siding, installed anywhere. Call Toll Free A.B.C. Sheds. 1-866-722-9663. www.abcs-heds.com. FREE BROCHURE.

FLAGS 20% OFF & FREE SHIPPING:

MADE IN U.S.A. By Annin . . . Flagmakers to the world since 1847. Call toll free 1-888-221-0941 or www.brightwoodhardware.com. Color catalog \$4.00 refundable

MISCELLANEOUS

FOR SALE:

ACR METAL ROOFING & SIDING! SAVE \$\$\$ Agricultural, Commercial, Residential. Quality products. 15 manufacturers. 20-25-30 yr. warranties. Accessories, Reflective insulation. Fast delivery. Free Literature. 1-800-325-1247

FREE 3-ROOM DIRECTV SYSTEM INCLUDING INSTALLATION!

4 months FREE programming when you subscribe to NFL Sunday Ticket. Access 225+ TV channels. Digital-quality picture/sound. Limited time offer. Call 1-800-963-3289.

GOVERNMENT & PRIVATE FOUNDATION GRANTS:

Never Repay! \$500 - \$500,000 home repairs, home purchase, business, education. Phone live operators 9 AM -to 9 PM, Monday thru Saturday. 1-800-339-2817, Ext. 388

REACH 1.8 MILLION HOUSEHOLDS

in 6 New England states with your product, service or business. Reach potential customers quickly and inexpensively with great results. Use the Buy New England Classified Ad Network by calling this paper or 877-423-6399. Do they work? You are reading one of our ads now!!

ness. Reach potential customers quickly and inexpensively with great results. Use the Buy New England Classified Ad Network by calling this paper or 877-423-6399. Do they work? You are reading one of our ads now!!

ATTENTION NEW ENGLAND: Transport your vehicle anywhere. Multi Car Discounts. 1-800-470-4408. Licensed and Insured.

PETS

MAINE COON KITTENS

From MAINE. Specializing in polydactyls! Double pawed, Pet only. \$400 & up. 207-539-4205 Most colors. www.fourpawsmaine-coons.com

HEALTH

GET PRESCRIPTIONS ONLINE

Phentermine, Soma, Ambien, Adipex, Didrex, Methocarbamol, Phendimetrazine, Ultram, Sonata, Bontril, Tenuate, Viagra, and MORE! Call Toll Free 1-866-438-5858. www.IntegraRx.com.

NOTICE: GUIDANT ANEURYSM STENT-GRAFT:

If you or a family member had stent-graft surgery for an ABDOMINAL AORTIC ANEURYSM using a Guidant Ancure stent-graft between 1999 and 2003 and suffered complications or death, you may be entitled to compensation. Attorney Charles Johnson. 1-800-535-5727.

IF YOU TOOK BAYCOL

and have experienced muscle pain, you may have a claim worth \$250,000. Call 24 hours, 1-877-521-5674

VACATION

KENNEBUNKPORT, ME: Walk to beach, midweek 2/3 night packages from \$95 - \$129/Package for two persons, more weekends; cottage efficiencies. Shorelands Guest Resort, www.shorelands.com. 1-800-99BEACH.

FREE GETAWAY!

Call 1-800-551-9954. Receive a vacation package to Florida, Bahamas, Mexico, Vegas or Hawaii including 4-FREE Roundtrip airfares (Valued to \$2000) for planning a day trip to preview any one of our resorts: Newport, RI, Cape Cod, NH or VT. 1st 50 callers receive a Dining Certificate on day of visit.



Molly's

Steakhouse & Irish Pub

*** NOW OPEN 7 DAYS A WEEK ***

Join Us For Customer Appreciation Night:

Every Mon is 2 for 1 entrees and \$2.50 Draught Pints all night

Every Thursday is Dinner for 2 Night: includes 2 Entrees and Bottle of Wine for \$29.95

Irish American Classics

Paddy's Prime Rib / Queen Cut / King Cut
Slow-roasted and served with hot au jus and a side of creamy horseradish sauce.

Pendleton's Choice - Petite & Regular Cut
Choice Top Sirloin Hand-cut daily at Molly's & broiled to your request.

Irish Blue Sirloin™ - Petite & Regular Cut
Our most popular hand-cut Top Sirloin steak topped with a delicious blue cheese sauce.

Malone's Guinness Pork
Roasted pork cooked in Molly's rich home-made Guinness sauce.

Gaelic Dip
Like the popular "French Dip," Molly's oven-roasted sliced beef is piled high on garlic herb cheese bread and served with a bowl of hot au jus. It comes with cottage potato chips and a kosher dill pickle.

*** NIGHTLY DINNER SPECIALS ***

11 Beers on tap including Guinness, Geary's & Shipyard
And every Thursday is \$5 Martini Night. You call it!!



Molly's

Steakhouse & Irish Pub

46 Market Street, Portland • 761-4094
HOURS: Mon-Thurs 4-10pm • Fri & Sat 4-11pm • Sun 9am-4pm

Back By Popular Demand!

SUNDAY BRUNCH

9am-4pm

Lots of Great Food in a Fun Atmosphere

BILL CHINNOCK



Cindy Bullens

BAYSTOCK



Kate Taylor

EMPTYHEAD

Corona Brothers

anni clark

BONEHEADS

King Memphis

This one's for the kids!

Southern Maine's 1st annual all day, all night,
all ages music festival for charity.

All proceeds benefit the United Way of
Greater Portland local children's charities.

September 27th
at Wainwright Farms
(off Highland Avenue)
in South Portland

Come together
for a fantastic day
of music, food,
and entertainment.

Tickets are just \$15
in advance and
\$18 at the door.

Parking available at
Wainwright Farms

visit
www.baystockmusicfest.org
for more information

Special appearances by:
Comedian Christine O'Leary
and Pork & Beans

advertising provided by

CBW
casco bay weekly

Tickets are available through PortTix in person or by mail at 20 Myrtle Street, Portland, ME 04101.
For more information or to charge by phone, call PortTix at 842-0800.
To purchase tickets online, visit PortTix at www.porttix.com.

Tickets also available at all Bull Moose Music locations, the CD Authority, Town and Country Credit Union, and Wright Express

Sponsored by



WMGX 93.1



MaineToday.com

Portland Press Herald
Maine Sunday Telegram



Bull Moose Music



PortTIX



TIME WARNER

pizzagalli